from Books

to

Cooks

From Books to Cooks

A PROJECT SPONSORED BY THE
STATE SCHOLARSHIP COMMITTEE

FLORENCE PETERSON, Chairman
ELIZABETH PRIOR
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Alpha Sigma State Invades the Kitchen

One of the purposes of the Delta Kappa Gamma Society is "to endow scholarships to aid women teachers in continuing their studies in higher institutions of learning".

At its maturity, the income from the scholarship fund is granted annually to a qualified member, not as a loan, but as a gift from the organization. With a membership of less than five hundred, it would require over fifteen years to amass the amount necessary to endow a scholarship.

The scholarship committee, therefore, in considering ways and means of adding extra revenue to the fund, decided to adopt the plan suggested by several members—, the publication of a Cook Book containing at least one recipe from each member of Alpha Sigma State. They felt that such a project would serve the dual purpose of giving every member a chance to participate and also of promoting stronger inter-chapter relations.

The response to the request for recipes was gratifying. Those who had no favorite recipe to submit, were invited to sponsor a recipe sent in by some other member, in order that we might compile a more complete book. May we offer this suggestion, that when you try a recipe that turns out well, you will sit down and write the one who submitted it. The address may be obtained from your chapter president.

As chairman of the scholarship committee I wish to express my appreciation for the cooperation given the committee by the various special committees, enumerated elsewhere. It is our hope that in the years to come Alpha Sigma members will continue to support worthy causes with an ever-increasing zeal and enthusiasm.

FLORENCE E. PETERSON,
State President and Chairman
State Scholarship Committee, 1943-1944

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General Information

Abbreviations

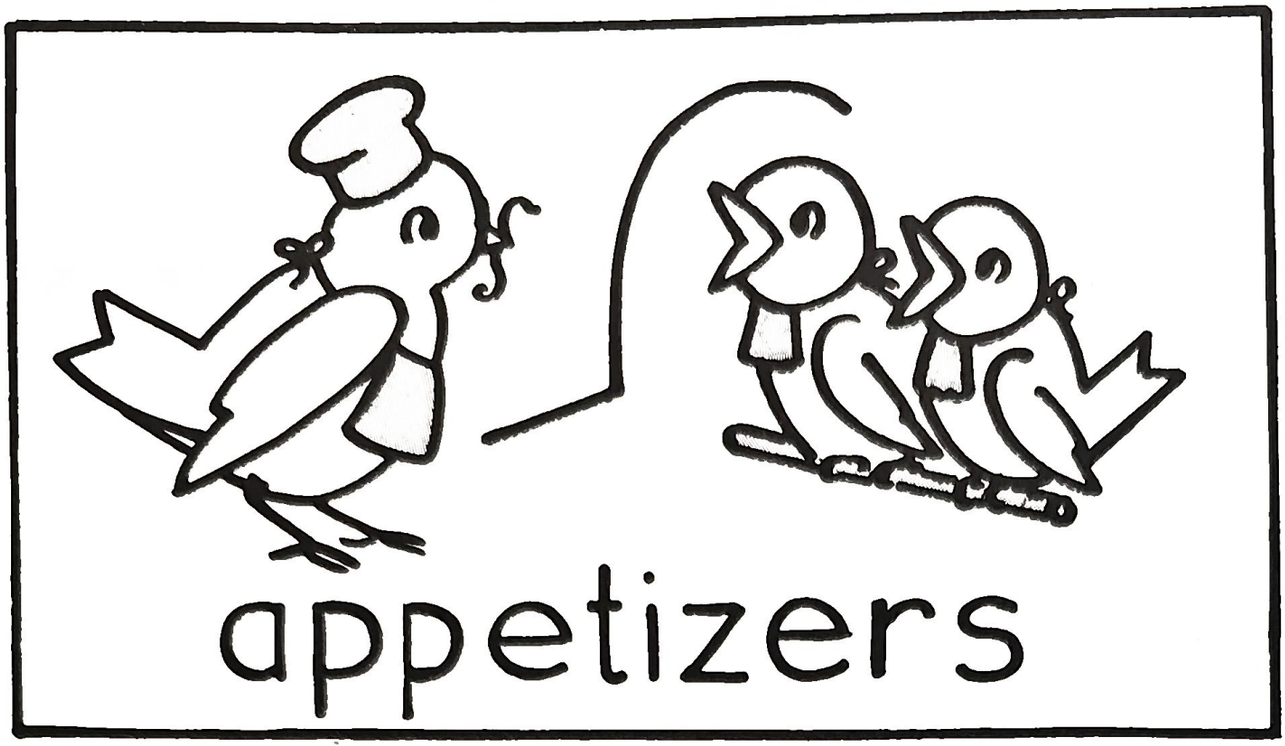
c.—cup
T.—tablespoon
t.—teaspoon
pt.—pint
lb.—pound
oz.—ounce
sq.—square
325F.—example of temperature
qt.—quart
fg.—few grains, pinch
br.—brown
pkg.—package

Size of Cans

Size of Can	Amount in cups	Servings
No. 1	1¾ to 2	2-3
No. 2	2½ to 3	4-5
No. 2½	3½	6-7
No. 3	4	8-9
No. 10	13	Varies

Weights and Measures

2T. butter—1 oz.
2 T. granulated sugar—1 oz.
2 c. granulated sugar—1 lb.
16T.—1 cup.
3 t.— 1 T.



Appetizers

2 cakes Philadelphia cream cheese
anchovy paste

Soften cheese with whipping cream, stir to a smooth paste of a consistency that will spread. Add a dash of onion juice and anchovy paste to taste. Serve with potato chips or spread on Ritz crackers.

Ragna Koppang . . . Lambda

Appetizers

½ doz. weiners
½ doz. slices of bacon
American cheese

Split the weiners. Place a strip of cheese in each weiner. Wrap a slice of bacon around each weiner and fasten. Place on the broiler and leave until the cheese melts. Serves six or eight.

Waneta Catey . . . Lambda

Checkerboard Sandwiches (Party Sandwiches)

1 loaf white bread
1 loaf brown bread
½ lb. creamed butter
cream cheese

Remove crusts from bread. Spread cut ends lengthwise with creamed butter, and cut in ¼ inch slices. Put 2 light, and 2 dark slices together, alternating the colors; then cut lengthwise, in ½ inch strips. Lay 1 strip down on wax paper, and butter top side. Place second strip on top, reversing it so that the dark strip is on the top of light one, checkerboard fashion. Repeat with 2 more strips. Wrap tightly and chill 2 hours.

Remove paper, and spread cream cheese softened with cream over top and sides; chill one hour, and cut in thin slices to serve.

Zilda Baker . . . Kappa

Cheese and Bacon Sandwiches

3 eggs
¾ lb. cheese
1½ t. Worcestershire sauce
¾ lb. bacon
¾ t. salt
½ t. paprika
fg. cayenne
8 slices bread

Beat eggs lightly, add grated cheese and other ingredients; mix well, spread on bread ⅓ in. thick. Cover cheese mixture with bacon strips, cut very thin. Grill in hot oven 10 or 15 minutes.

Hazel Marsh . . . Alpha

Cheese Surprise

1 pkg. cream cheese (any Kraft flavor)
½ pt. cream
½ pt. cottage cheese
dash Tobasco or Worcestershire sauce

Cut up cream cheese. Pour in cream. Let stand until soft enough to beat with beater. Mix in cottage cheese until thick. Add dash of sauce. To add flavor, serve in bowl rubbed with garlic. Serve with potato chips or Ritz crackers. 4-6 servings.

Elsa Karvonen . . . Kappa

Delicious Salad Spread

one large banana
one c. peanut butter
¼ c. chopped dates
juice of ½ lemon

Combine ingredients, and mix well.

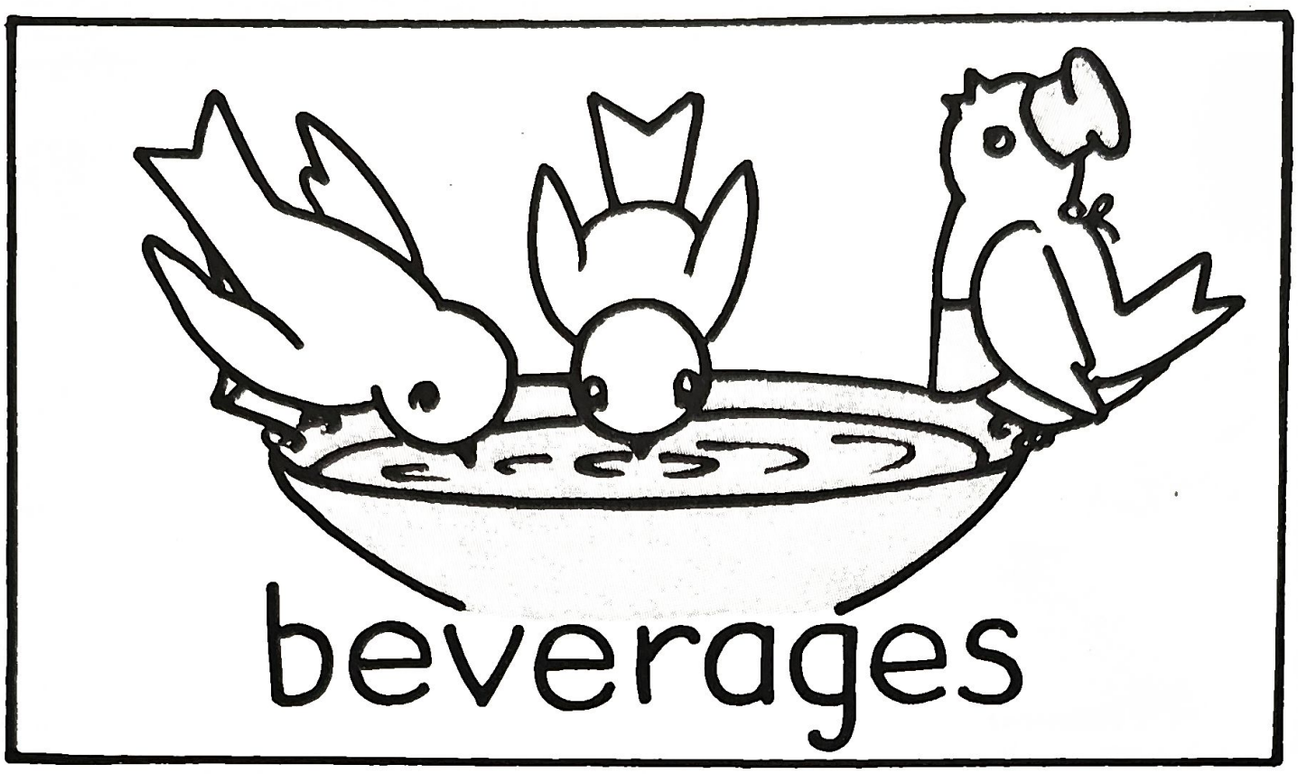
Elda Hinkle . . . Eta

Pomegranate Cocktail

2 pomegranates
1 qt. water
2 T. lemon juice
4 T. sugar

Simmer 20 minutes, strain and chill. Serves 6.

Helen Rude . . . Beta



Grape Juice

1 c. grapes
½ c. sugar
boiling water

Wash, stem, and put into well sterilized jars, quart size, grapes and sugar, and fill jars with boiling water. Shake well until sugar is dissolved. Turn upside down after sealing. Put in basement for 6 weeks, when it is ready for use.

Violet Hayford . . . Nu

Punch

2 qts. pineapple juice
4 c. orange juice
2 c. lemon juice
2 c. tea infusion
6 c. sugar
3 c. water

Boil water and sugar to a syrup. Add the juices and add an equal part of ice water. Top each glass with one or two strawberries.

Katherine Bresnahan . . . Omicron

Russian Tea (Very Good—Hot and Spicy)

25 c. water
3 c. sugar
1½ T. whole cloves **Tie in a bag**
1½ T. stick cinnamon
Ground spices can be used

Bring to a boil—let boil a couple of minutes and brew tea. Use about ½ cup black tea. Remove bag of spices. Make quite strong tea. Add juice of 4 oranges and 3 lemons.

Serve very hot.

Verna Eastman . . . Theta

Spiced Hot Tea (for 25 People)

1 t. whole cloves
1 inch stick cinnamon
2½ T. tea (green or black)
juice 3 oranges
1½ lemons
⅔ c. sugar

Tie spices in a bag. Bring to boil in 3 qts. of water. Steep tea 5 minutes in 2 c. water. Strain tea and pour into spiced water. Heat juice and sugar and add to tea.

Serve piping hot.

Dr. Eva Greenslit Anderson . . Zeta

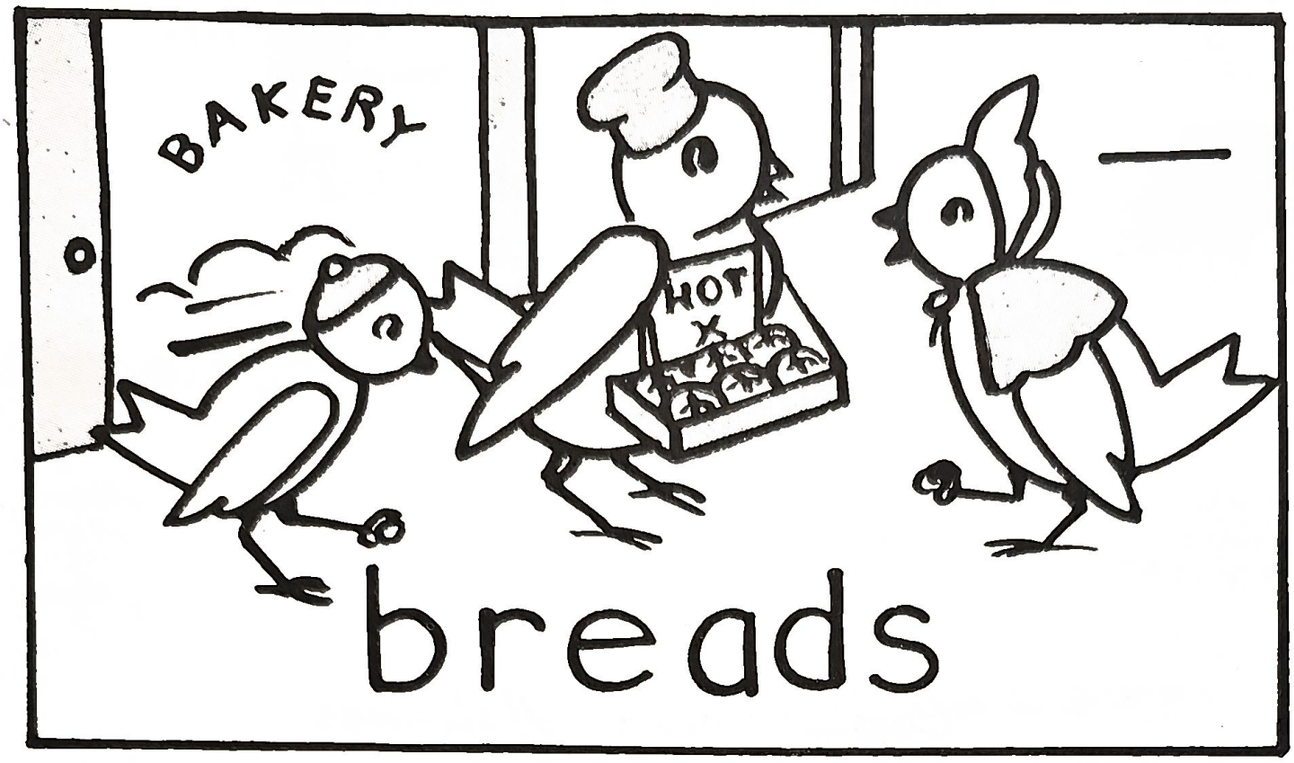
Unusual Tomato Juice

Tomatoes
¼ t. salt
½ t. certo

Wash and cut tomatoes; remove all bad spots. Add no water. Cook until soft enough to rub through fine sieve—as fine as screening. To each cupful of tomatoes add ¼ t. salt and ½ t. Certo. Bring to a boil and bottle while hot.

(Certo gives body to juice.)

Mae F. Williams . . . Alpha



breads

Angel Ginger Bread

1 c. sugar
½ c. dark molasses
½ c. shortening (scant)
2 heaping t. soda
2 heaping c. flour
1 c. boiling water
2 eggs
salt
2 t. ginger

Mix the sugar and molasses, add the melted shortening. Add flour with salt, soda, and ginger. Then add the unbeaten eggs, and last the boiling water. May sprinkle with raisins. Bake in moderate oven. Makes 8" x 12" gingerbread.

Vannetta Dimmitt . . . Iota

Baked Brown Bread

½ c. sugar
2 c. graham flour or more if needed to make stiff with spoon
1 egg
1 T. shortening
1 c. milk (sour or sweet)
1 t. baking powder or soda if milk is sour

Mix up real stiff and put in a can (such as a two pound coffee can). Bake about one hour or until done.

Vera Cellars . . . Nu

Banana Bread

½ c. shortening
2 eggs
1 t. soda dissolved in sour milk
1 t. baking powder sifted in flour
1 t. vanilla
1 c. sugar
2 or 3 crushed bananas
2 c. flour

Mix in order given. Bake 1¼ hours at 300 F.

Fannie Rae Young . . . Kappa

Blueberry Bran Muffins

1 c. fresh blueberries, sprinkled with sugar
¼ c. shortening
¼ c. sugar
1 egg
1 c. milk
1¼ c. sifted flour
¼ t. salt
4 t. baking powder
1 c. bran (Nabisco preferred)

Cream shortening and sugar. Add egg and beat well. Sift the baking powder and salt with the flour. Soak bran in milk for five minutes, add it to sugar, fat, and egg mixture. Stir in flour mixture quickly and then add blueberries. Bake in greased gem pans at 400 F. about 25 minutes.

Ruth Hallin . . . Alpha

"Conservation" Hotcakes

2 c. sour milk or buttermilk
1 c. ground toast. (Bread may be dry slices. Should be toasted in oven and thoroughly dry before grinding in food chopper)
½ c. flour
1 t. soda dissolved in ¼ c. water
Add salt if necessary
1 egg, beaten

Serves 4.

Lila Moser . . . Iota

Corn Puffs

2 c. boiling water
1 t. salt
2 eggs separated
1 c. yellow corn meal
1 T. shortening

Add salt to water and bring to a boil in a saucepan. Gradually pour corn meal into boiling water and stir until a stiff mush is formed. Remove from fire and add butter, bacon drippings, or other fat. Let cool slightly, then beat in egg yolks, one at a time. Cool until barely warm and fold in egg whites stiffly beaten. Bake in muffin tins in oven of 425 F. 25-30 minutes. Makes 1½ dozen.

Mary Goff . . . Nu

Cranberry Orange Bread

2 c. flour
1½ t. baking powder
1 c. sugar
1 orange
1 egg
1 c. raw firm cranberries cut in fine pieces).
½ t. salt
½ t. soda
2 t. shortening (or salad oil)
1 c. chopped nuts

Sift the flour twice with salt, baking powder, soda, and sugar. To juice and rind of orange, add the shortening or salad oil, pouring in boiling water to make ¾ cups. Add beaten egg to dry ingredients. Then add nut meats and cranberries. Mix all together.

Pour into greased bread pan. Bake in moderately slow oven, 325 F., for one hour. Store 24 hours. Makes delicious tea sandwiches if sliced thin, spread with butter and cream cheese, cut in strips.

Marjorie Kennedy . . . Alpha

Crumb Coffee Cake

1 c. sugar
2 c. all-purpose flour
½ t. cinnamon
½ t. nutmeg
½ t. ginger
½ c. butter (or other shortening)
½ c. chopped nuts
½ c. sour milk (or buttermilk)
½ t. soda
1 t. baking powder
½ c. raisins
1 egg

Sift together sugar, flour, and spices, working in shortening as for baking powder biscuits. Take out 1 c. of this crumbly mixture and set aside. Mix together the beaten egg and the sour milk to which the baking powder and soda have been added. Stir into flour and shortening mixture in the bowl beating just until well mixed. Add raisins and nuts last. Butter a square or round pan with fairly deep sides. In the bottom spread half of the reserved crumbs. Pour in the batter, spreading it evenly. Then sprinkle remaining crumbs over the top. Bake 40 minutes in 350 F. oven. Let cool in the pan.

E. Adaline Muzzy . . . Kappa

Date and Nut Bread

1 c. boiling water
1 c. finely chopped dates
½ c. nutmeats
1 c. sugar
1 t. soda
1 t. baking powder
1 egg
2½ c. pastry flour (sifted before measuring)
½ t. salt

Combine chopped dates, water, and soda. Set aside to cool. Beat egg; add sugar, then beat until light. Sift dry ingredients together and add to egg and sugar, alternately with date mixture. Add nutmeats and mix thoroughly. Pour into a well-greased loaf pan. Bake from 45 to 60 minutes at 375 F.

Cora Weldin . . . Eta

Dumplings

1½ c. flour
3 t. baking powder
½ c. milk
⅓ t. salt
1 egg

Mix dry ingredients. Add beaten egg. Add milk. Drop by teaspoonsful into hot liquid. Cover tightly. Do not disturb for 7 minutes.

Serves 6 or 8.

Margaret Johnston . . . Omicron

Ginger Muffins

2 c. sifted flour
½ t. salt
¼ t. cinnamon
¾ c. milk
4 T. melted butter
2½ t. baking powder
¾ t. ginger
1 egg beaten
¼ c. molasses

Mix dry ingredients and add liquid. Bake in muffin pans in 425 F. oven for about 25 minutes.

Linnea Larson . . . Kappa

Golden Spoon Bread

1 pt. milk
2 T. butter
1 t. sugar
1½ t. salt
⅔ c. cornmeal
4 eggs, separated

Combine milk, salt, sugar, and butter; bring to a boil; add cornmeal, stirring constantly till it thickens. Cool. Beat yolks and whites separately. Add yolks to corn meal mixture, then cut in stiffly beaten whites. Pour into well-buttered casserole and bake at 375 F. for 35 minutes. Serve with dinner, or as a breakfast dish with honey or syrup.

Emma J. Rynning . . . Alpha

Nut Bread

Sift or stir together:

1 c. sugar
3 c. whole wheat flour
1 t. salt
1 t. baking powder

Mix with these:

2 c. thick sour milk
1 c. chopped walnuts
1 t. soda
1 c. raisins

Bake 1 hour slowly.

Harriet Staack . . . Alpha

Oatmeal Pancakes

2 c. oatmeal or (1½ c. oatmeal and ½ c. corn meal)
2 c. buttermilk
½ c. flour
½ t. salt
1 t. baking powder
1 t. soda
4 T. melted fat
2 eggs (whites beaten separately and added last

Soak the oatmeal and buttermilk overnight. Add other ingredients.

Freda Billings . . . Omicron

Orange Bread

1 yeast cake
1 T. sugar
1 c. orange juice
½ c. candied orange peel, cut fine
1 T. butter
⅓ c. sugar
1 t. orange rind
3 c. flour
1 t. salt

Combine yeast cake and 1 T. sugar. Let stand a few minutes and add orange juice heated luke warm, and other ingredients except ½ c. flour and candied orange peel. Beat well. Let rise until double in bulk. Place ½ c. flour on board. Knead this in with ½ c. candied orange peel. Shape into a loaf. Let rise until light. Bake in moderate oven (375 F.) from 30 to 40 minutes.

Ruby J. Mansfield . . . Zeta

Orange Honey Loaf

2 T. shortening
1 c. honey
1 beaten egg
1½ T. grated orange peel
2¼ c. enriched flour
½ t. salt
2½ t. baking powder
⅛ t. soda
¾ c. orange juice
¾ c. chopped walnut meats

Blend shortening and honey; add egg and orange peel. Add flour sifted with salt, baking powder, and soda, alternately with orange juice. Add nut meats. Pour into waxed paper lined 5 x 9" loaf pan. Bake in low oven (325 F.) 65 to 70 minutes. (Slice and fill with cream cheese for delicious lunch-box sandwiches.)

Aletha Israel . . . Xi

Popovers

1 c. all-purpose flour
¼ t. salt
2 eggs
1 c. milk

Sift and measure flour. Sift again with salt. Combine unbeaten eggs and milk, then sift flour and salt over milk. Beat until batter is smooth. Beat with rotary egg beater thoroughly or it will not pop. Half fill very hot greased deep muffin pans or custard cups, place in very hot oven (450 F.) for 20 minutes; then reduce to moderate oven (350 F.) for 15 or 20 minutes. Do not open oven door during baking.

Serves 4 to 6.

Viola Caldwell . . . Omicron

Refrigerator Rolls

2 c. milk
¼ c. shortening
5 T. sugar
1 cake Fleischman's yeast
5 or 6 c. flour
1 t. baking powder
1 egg
½ t. soda
¾ t. salt

Scald milk; add shortening and sugar. When lukewarm, add yeast and dissolve thoroughly. Add soda and baking powder sifted with 3 cups of flour. Beat until bubbles come. Allow to stand for ½ hour. Beat egg and salt until light, add to sponge. Add remaining flour to make a soft dough. Turn out on floured board and knead until smooth and satiny. Lightly grease top of dough and put in greased bowl in refrigerator. About 1½ hours before baking time, cut off dough needed. Let rise until light. Bake in oven 425 F. for 15 to 20 minutes.

Florence C. Smith . . . Lambda

Scones

4 c. flour
1 t. salt
6 t. baking powder
¼ c. fat
¾ c. sugar
3 beaten eggs
raisins

Sift flour, salt, and baking powder. Cut in fat, then add sugar, milk, eggs, and raisins. Use enough milk to make soft dough roll and cut, and bake in hot oven 15 minutes.

Arra Woods . . . Omicron

Sour Milk Bread

1 egg well beaten
1 c. brown sugar
1 t. salt
1 c. sour milk
1 t. soda
1 c. nuts
1½ c. raisins
3. c. flour
1 t. baking powder

Bake in slow oven about 1 hour.

Clara Meriwether . . . Mu

Sour Milk Waffles

1⅓ c. enriched flour
½ t. salt
½ t. baking soda
¼ c. melted shortening
1 c. sour milk
1 T. sugar
2 eggs

Beat egg yolks and whites separately. Mix the beaten yolks and sour milk and shortening. Add the dry ingredients and then fold in beaten whites.

Alma Fender . . . Gamma

Spoon Bread

1 c. corn meal
2 c. cold water
1 c. milk
3 eggs
2 T. melted butter
1 t. salt

Mix all ingredients except egg whites and cook 5 minutes or until thick. Then add stiffly beaten whites of eggs. Bake in a deep buttered pan.

Temperature—400. Time—50 minutes. Will serve 4.

Serve while warm with creamed chipped beef.

Lila Foltz . . . Alpha

Streusel Filled Coffee Cake

1½ c. flour
3 t. baking powder
¼ t. salt
¾ c. milk
¼ c. shortening
1 egg
½ c. milk
1 t. vanilla

Sift flour once, add baking powder, salt and sugar. Cut in shortening. Blend egg beaten with milk, add vanilla and beat. Pour batter into greased pan. Sprinkle with the following streusel mixture:

½ c. brown sugar
2 T. flour
½ c. chopped nuts
1 t. cinnamon
2 T. melted butter

Mix sugar, flour, cinnamon, blend in melted butter and stir in nuts.

Bake in hot oven 425 F. for 20 minutes. Serves 8.

Edna Franklin . . . Alpha

Twin Mountain Muffins

¼ c. butter
¼ c. sugar
1 egg
¾ c. milk
2 c. flour
3 t. baking powder
fg. salt

Cream the butter, add sugar gradually, and egg well beaten. Add few grains salt. Sift baking powder with flour, add to first mixture alternating with milk. Bake in buttered gem pans for 15 minutes. This is cake mixture method.

Sylpha J. Cole . . . Lambda

"Very Best" Coffee Cake

2¼ c. sifted flour
2 t. baking powder
½ t. salt
½ t. cinnamon
½ t. nutmeg
1 c. sugar
¼ c. butter
1 beaten egg
1 c. thick sour milk
¼ t. soda

Mix and sift dry ingredients. Cream butter and sugar. Whip soda into sour milk. Add well beaten egg to creamed butter and sugar, then alternately add flour and liquid. Beat well, spread in a pan ½" thick. Sprinkle top generously with sugar and cinnamon and add bits of butter. Bake 20 minutes in hot oven.

Serves 8 to 10 persons.

Frances L. Chase . . . Omicron

Whole Wheat Bread

2 c. scalded milk
4 T. brown sugar
1 T. salt
¼ c. shortening
3 c. whole wheat flour
4 c. sifted white flour
1 T. molasses
2 eggs (optional)
2 cakes yeast
1 t. white sugar
¼ c. lukewarm water

Scald the milk. Add brown sugar, salt, butter and molasses to the hot milk. Cool to lukewarm (100 F.) Soak the yeast cakes in the water to which the teaspoon of sugar has been added. Combine the mixtures and add beaten eggs. Add the whole wheat flour and beat 10 minutes in the mixer on low speed. Add half of the white flour and beat five minutes. Add the remaining flour slowly and mix until well blended. Divide into two loaves and place in buttered aluminum loaf pans. Allow to double in size and bake as directed.

Laura Bigelow . . . Zeta

Yard and a Half Ginger Bread

¾ c. light molasses
⅔ c. melted shortening
½ c. sugar (scant)
¼ c. milk or water
3 c. sifted flour
1 t. soda
½ t. salt
½ t. ginger
½ t. cinnamon

Mix molasses, sugar, shortening and milk. Add dry ingredients to flour, sift into first mixture and mix. Roll out to about ½-inch thickness. Cut in oblong pieces or any desired shape. Score with back of knife. Bake in moderate oven, (350 F).

Marguerite Whittle . . . Nu

Notes

Apple Sauce Fruit Cake

2½ c. brown sugar
2 eggs
1 c. shortening
1 c. cold coffee with 2 t. soda
3 c. raw chopped apples (use food chopper)
1 c. nuts
1 c. raisins
4 c. flour
1 t. cinnamon, salt
½ t. cloves, allspice
add ½ pt. or 1 pt. commercial fruit juice, if desired

Bake 1 hour in slow oven.

Rose Palmquist . . . Theta

Bachelor Bait (Chocolate Cake)

½ c. butter
1½ c. sugar
3 eggs
3 sq. chocolate
½ c. strong coffee
½ c. walnut meats
2½ c. flour
3 t. baking powder
½ t. salt
⅔ c. milk
1 t. vanilla

Cream butter, adding sugar gradually, creaming until fluffy. Add beaten egg yolks. Add melted chocolate to ¼ c. hot strong coffee, stir until smooth, cool and add to creamed mixture. Sift flour, salt, and baking powder. Add alternately with milk and other ¼ c. coffee to first mixture. Add vanilla, then walnuts, then fold in stiffly beaten egg whites.

Bake in 2 layer cake tins for 40-50 minutes at 350 F. Frost thickly with a rich chocolate frosting to which chopped walnuts have been added.

Rachel Royston . . . Kappa

Brown Cake

2 c. brown sugar
(pressed down)
½ c. butter
1 c. sour milk or buttermilk
dissolve rounding t. soda
in milk
1 t. each of cinnamon,
cloves, and allspice
¼ t. salt
1 T. cocoa
1 c. seedless raisins
½ c. chopped walnuts
1 level t. baking powder
2 c. flour
vanilla

Bake in medium oven for about 40 minutes.

Robbie Goss . . . Nu

Cherry Cake

½ c. butter creamed
1 c. sugar
1 t. soda
(dissolved in
3 T. sweet milk)
3 eggs beaten separately
1¾ c. flour
1 t. baking powder
1 t. each of cloves,
cinnamon, nutmeg

Use your choice of flavoring.
Add 1 c. of pitted pie cherries, (fresh or canned)
Prunes can be substituted for cherries.
Be sure no fruit juice is used.

Mary A. McDonnell . . . Alpha

Chocolate Applesauce Cake

1½ c. applesauce
1 c. sugar
1 egg
¼ c. shortening
1¼ c. flour
2 t. soda
¼ t. salt
½ c. cocoa

Combine the shortening and sugar, creaming well. Add the beaten egg and apple sauce. Add the soda, cocoa and salt to the flour and add to the batter. Add the ¼ t. of vanilla and bake in a moderate oven.

Ruth Erickson . . . Mu

Chocolate Fudge Cake

1½ c. sugar
½ c. butter
3 eggs
2 T. cream
½ c. milk
2 sq. melted chocolate
1½ c. flour
1 t. baking powder
fg. salt
1 t. vanilla

Cream butter and sugar, add eggs, unseparated, one at a time, beating well each one. Then add milk, flour, cream, salt, vanilla, and baking powder. Put chocolate in last. Bake in a moderate oven thirty-five minutes.

Elidia A. Salverson . . . Beta

Guberstag Kuchan

¾ c. butter
¼ c. lard
2½ c. flour
1 egg (plus small amount of water if needed)

Mix butter, lard and flour together with knives or pie mixer. Add the egg well beaten and if not moist enough add water, until a paste is formed similar to the type of pie dough. Roll this out and bake in a pie tin as it if were pie crust. Prick with a fork before putting into oven. Bake for about 20 minutes in quite a hot oven. Dust with powdered sugar when finished. Do not roll all out at once and allow to stand.

Custard filling for the cake:

1 pt. milk
2 egg yolks
¼ c. sugar
1 T. cornstarch

Make these into a regular custard, adding the whites well beaten at the last.
To make this as it really should be, the layers of the pie crust variety of cake are put together with this filling of custard and jelly.

Gertrude Wyers . . . Mu

Loaf Cake Supreme

3 eggs
1½ c. unsifted cake flour
1½ t. baking powder
⅛ t. salt
1½ c. sugar
¾ c. sweet milk
1½ T. butter or shortening
1 t. vanilla
½ t. lemon extract

Break eggs into mixing bowl, add flavoring and beat with rotary beater till fluffy. Add sugar, gradually beating as it is added. Sift flour, baking powder, and salt three times and add to egg and sugar mixture, beating till smooth. Bring the milk to boiling point with butter in the milk. Stir this into the cake mixture. Pour into well greased 8 x 10" cake pan and bake 35 minutes at 350 F. When cake is firm, or is about right to remove from oven, cover with the following frosting and return to the oven for 5 or 10 minutes.

FROSTING

1 rounding T. butter
2 T. cream or condensed milk
½ c. walnuts

Cook until thick and creamy. Pour over hot cake, and sprinkle with chopped walnuts. Return to oven for a few minutes.

Edna Frazier . . . Iota

Marble Cake-1869

LIGHT PART

1½ c. white sugar
½ c. butter
1 c. sweet milk
2½ c. flour
1 t. cream tartar
½ t. soda
4 egg whites

DARK PART

1 c. brown sugar
½ c. molasses
½ c. butter
½ c. sour milk
2½ c. flour
4 egg yolks
½ t. soda
nutmeg, cinnamon, cloves allspice, to taste

Cream and mix the ingredients of each part in the usual way.
Bake in a large tube pan, not too speedily. The two batters must be alternately put in the pan by spoonfuls, so that when the cake is cut, the slices show a dark and light marble effect.

Mary Bond Lash . . . Lambda

Marble Spice Cake

3 c. sifted cake flour
3½ t. baking powder
½ t. salt
1 c. milk
1½ t. cinnamon
3 T. molasses
¾ c. chopped walnuts
¾ c. butter (or other shortening)
1½ c. sugar
3 eggs
¾ t. cloves and nutmeg

Sift flour once, measure and add baking powder, salt, and sift together three times. Cream shortening, add sugar gradually. Cream until light and fluffy. Add eggs, one at a time, beating well after each addition. Add flour with milk, beating again. Divide batter into two parts. To one part, add molasses, spices, and walnuts. Put batter by T. into 9-inch tube pan, alternating light and dark mixture. Bake at 350 F. for one hour.

Serves 12.

Maybelle Jackson . . . Gamma

Open-Face Prune Cake

¼ c. shortening (scant)
⅓ c. sugar
1 egg
1 t. vanilla
1 c. flour
2 t. baking powder
½ c. milk
fg. salt
1 pt. fresh Italian prunes, halved and stoned, sprinkled with sugar

Cream shortening and sugar. Add beaten egg and vanilla. Gradually add milk and flour, to which baking powder and salt have been added. Spread in cake tin. Arrange prunes, cut side up, on cake batter; sprinkle with sugar. Bake in moderate oven for 35 minutes. Serves 4 to 6.

Gladys Sorenson . . . Epsilon
Sponsored by Lenore Rhoads . . . Mu

Orange Cake

½ c. brown sugar
½ c. white sugar
2 T. butter
2 c. flour
1 c. raisins
2 well-beaten eggs
1 c. sour milk
1 t. soda
fg. salt
grated rind of 1 lemon

Cream butter and sugar. Add eggs. Add soda to sour milk. Sift salt with flour. Add milk and flour alternately to first mixture. Last add raisins and lemon rind. Bake in moderate oven. When done, pour over cake while it is hot, the sweetened juice of 1 orange.

Viola Erickson . . . Epsilon

Peanut Bars

4 eggs separated
½ c. water
1 c. sugar
1½ c. cake flour
⅛ t. salt
1 t. lemon extract
⅛ t. cream tartar
2 lb. peanuts (crushed)

Mix above except peanuts in usual manner for sponge cake. Bake in a shallow pan or pans about ½ inch thick. Bake slowly.

Cut into bars about 1" x 2½". Spread each bar with a frosting made of powdered sugar, cream, and vanilla. Roll in crushed peanuts.

Marguerite Gordon . . . Xi

Prune Cake

1½ c. sugar
½ c. butter
2 scant c. flour
12 large prunes cut small
1 t. each of cinnamon, cloves, and allspice
2 level t. soda dissolved in warm water
1 c. sour milk
2 eggs
1 c. nut meats

Cream sugar and butter. Add beaten eggs and milk. Sift flour well and add to batter. Beat soda in well and add prunes, spices, and nut meats.

Bake in 9" x 9" tin in 350 F. oven for 45 minutes.

Serves 12.

Ayleen Mc Queen . . . Kappa

Quick Method Cake

½ c. shortening
2 eggs
1 c. sugar
2 c. flour—sifted first
⅔ c. milk
½ t. salt
1 t. vanilla
2 t. baking powder

Put all into bowl in any order. Beat with Dover egg beater, 50 times. Scrape sides of bowl, beat again 250 times.

Bake at 375 F., or slightly higher, in cup cakes or loaf.

18 to 24 cup cakes; 8 x 8 x 2" cake pan.

Eva Philip Curry . . . Iota
Sponsored by Mildred Gray . . . Iota

Regnie Cake

1 egg
1 T. butter
1 c. sour cream
1½ c. flour
vanilla
2 sq. chocolate
1 c. sugar
1 level t. soda
½ t. salt

Melt chocolate with butter. Cream in the sugar. Add beaten egg, cream, soda. Sift flour with salt three times and add to above. Add vanilla.

Bake in 350 F. oven for 30 minutes. Use pan 8" x 8".

The following frosting may be used:

1 sq. chocolate
1 T. butter
1 c. powdered sugar

Melt butter with chocolate. Add the sugar and thin to spread with coffee or cream. Flavor with vanilla. Nuts may be added.

Mabel H. Oleson . . . Alpha

Salted Peanut Cake

⅓ c. shortening
1 egg
1 t. soda
1 c. salted peanuts, crushed fine (Spanish)
1 c. sugar
1 c. sour milk
1½ c. flour

Cream shortening. Add sugar gradually. Add well-beaten egg. Mix soda in sour milk. Add alternately with flour. (Measure flour after first sifting.) Add salted peanuts. Bake at 350 F.

Frosting

1 T. butter
2 T. milk
powdered sugar
vanilla

Cream butter well. Add powdered sugar and milk, then vanilla. Cover with crushed peanuts.

Hazel Erickson . . . Omicron

Short-Cut Chocolate Cake

3 T. melted butter
1 c. sugar
2 t. baking powder
2 eggs
1 t. vanilla
1½ sq. chocolate
1 c. cake flour
½ t. salt
½ c. milk

Melt butter and chocolate. Cool. Sift together the sugar, flour, baking powder, and salt. Add to the dry ingredients the cooled chocolate and shortening. Then add the eggs, the milk, and vanilla. Beat all well with egg beater. Scrape down sides of bowl before pouring.

Bake 30 to 40 minutes in 8" x 10" pan in 350 F. oven.

Pauline Walsh . . . Nu

Sponge Cup Cakes

½ c. flour
½ t. baking powder
1 egg
½ c. sugar
⅛ t. salt
½ t. vanilla or grated orange or lemon rind
¼ c. milk
1½ t. butter or other shortening

Sift flour before measuring. Resift with baking powder. Beat eggs until thick and lemon-colored. Add sugar while continuing to beat. Heat milk to boiling point and beat into egg mixture. Add shortening. Add flour all at once, beating quickly but thoroughly. Put into greased tins (2 inch) muffin tins, at 350 F. for 12 minutes. Turn out at once.

Ethel M. Henson . . . Beta

Spring Party Cake

¾ c. shortening
1½ c. sugar
4 egg whites
3 c. cake flour
1½ t. vanilla
4 t. baking powder
½ t. salt
1 c. milk

Cream shortening. Add sugar and blend well. Add 1 egg white at a time, unbeaten. Beat well after each addition. Add vanilla. Sift dry ingredients. Add alternately with milk. Bake in moderate oven, 375 F. about 25 minutes.

LEMON CREAM FILLING

3 T. cornstarch
¼ c. lemon juice
2 egg yolks
grated rind 1 lemon
¾ c. cold water
¼ c. sugar
2 T. butter

Mix cornstarch and cold water to a smooth paste. Cook in double boiler until thick. Stir constantly. Add the lemon juice. Then add sugar mixed with egg yolks. Cook 3 minutes longer. Last add the butter and grated lemon rind.

Helen Gaddis . . . Nu

Sugarless Devil's Food Cake

2 c. sifted flour
1 t. soda
¼ t. salt
½ c. shortening
1 t. vanilla
1¼ c. honey
2 eggs or 3 egg yolks
3 sq. unsweetened chocolate melted
1 c. milk

Cream shortening and sugar. Add eggs then beat. Add chocolate. Add flour and milk alternately. Vanilla. Salt and soda sifted into the flour. Bake in layers in a modernate oven at 350 F., for 25-30 minutes.

FROSTING

Whites of 2 eggs and 1 c. white Karo put into electric mixer. Beat until thick enough to hold shape. Remove from mixer and place mixture in a double boiler and cook as you do 7 minute icing.

Ruth Bump . . . Zeta

Toasted Spice Cake

½ c. shortening
2 c. brown sugar
2 eggs
1 t. vanilla
1¼ c. sour milk
1 t. soda
2⅔ c. cake flour
1 t. baking powder
1 t. cinnamon
1 t. cloves
1 t. salt

Cream shortening and sugar. Separate eggs. Beat egg yolks and vanilla. Add sour milk, in which soda has been dissolved. Alternate this with dry ingredients. Pour into greased and floured shallow pan 8 x 12. Spread a meringue over the batter.

MERINGUE

Two egg whites beaten until they hold a peak. Add 1 c. brown sugar and beat until smooth. Sprinkle the meringue with broken nuts and bake 55 minutes at 350 F.

Florence A. Johnson . . . Omicron

White Fruit Cake

1 lb. sugar (2 cups)
½ lb. butter
1 c. water
1 lb. flour (4 cups)
2 t. baking powder
½ t. salt
1 lb. seeded w. raisins
1 lb. blanched almonds
½ lb. citron
½ lb. cherries
1 large coconut, put thru food chopper, fine)
½ lb. pineapple
½ lb. orange peel
½ lb. lemon peel
8 egg whites

Cream butter, add sugar gradually. Sift baking powder and salt with half the flour, and add alternately with liquid. Add remaining flour to chopped fruit and nuts. Stir floured fruit into cake mixture. Fold in the beaten egg whites last. Bake in loaf tins or round cake tins, lined with heavy oiled or parchment paper.

Bake about 2½ hours. Temperature 250-300 F. Makes four cakes.

Helen Lalin . . . Delta

CAKE FILLINGS

Cake Topping

1 c. whipping cream
8 oz. bitter or semi-sweet chocolate

Melt chocolate and cool. Fold into whipped cream which has been sweetened to taste. Spread on cake and keep in refrigerator. This covers two layers.

Zola Jordan . . . Gamma

Chocolate Orange Butter Frosting

1½ c. powdered sugar
3 T. butter (softened)
grated rind and juice of one orange
2 sq. melted bitter chocolate

Cream butter and sugar. Add rind of orange, melted chocolate, and enough of juice to make frosting of right consistency.

Lora Sherwood . . . Xi

Fruit Filling for Layer Cake

1 orange juice—grated rind
1 lemon juice—grated rind
½ c. water
5 T. flour
½ c. Karo syrup
½ c. sugar
1 egg beaten slightly
fg. salt
½ pt. cream whipped

Mix sugar and flour and salt. Add Karo, fruit juice, water and slightly beaten egg. Cook until thick. Chill. Mix with ½ pt. cream whipped.

Helen A. Phillips . . . Gamma

Seven Minute Frosting (No Sugar)

2 egg whites unbeaten
1½ c. light corn syrup
fg. salt
1 t. vanilla

Put egg whites and syrup in top of double boiler. Beat until mixed well. Place over boiling water. Beat for seven minutes or until it stands in peaks. Add vanilla. Tip: Never let boiling water touch bottom of the top pan. It keeps it from thickening.

Portia Miller . . . Epsilon

Sour Cream Filling

1 c. sugar
1 c. sour cream
1 c. nuts

Cook until it makes a soft ball.

Maude Wallace . . . Alpha State

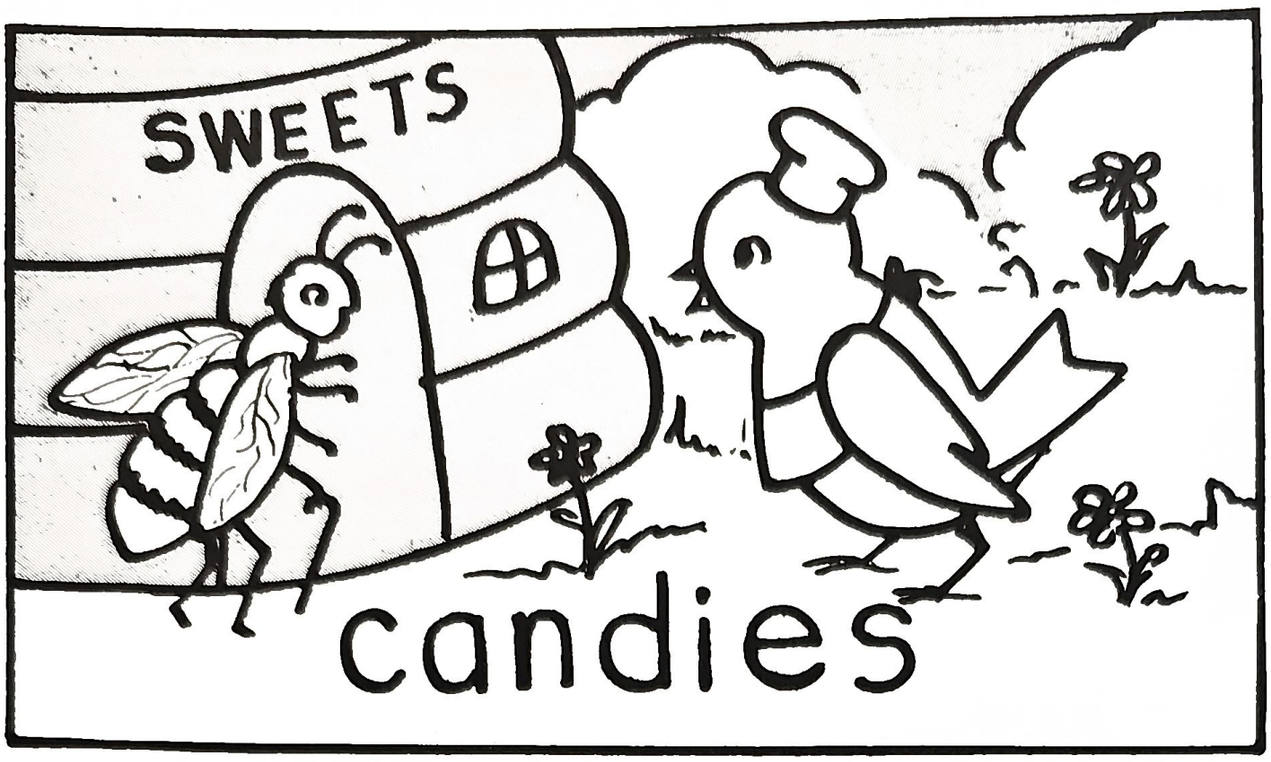
Yummy Chocolate Frosting

3 sq. unsweetened chocolate, melted
1½ c. sifted confectioners' sugar
2½ T. boiling water
3 egg yolks, unbeaten
4 T. butter

Melt chocolate over hot water. Remove, add sugar and boiling water, and stir until well blended. Add the egg yolks one by one, while beating with a spoon. Then add the butter 1 T. at a time, while continuing to beat. Fills and frosts 8" x 8" x 2" cake.

Adelaide Phillips Fryar . . . Epsilon

Notes



Almond Roca

⅞ lb. sweet cream butter
½ lb. dipping chocolate
1 c. ground walnuts
2½ c. sugar
1 lb. almonds (weighed in shell)

Melt butter in an iron skillet, add sugar, and boil over medium heat 5 minutes, stirring gently and constantly. Add whole unblanched almonds. Boil 7 minutes or until brittle when tested in cold water. Pour into ungreased metal pan (about 13 x 10). When cool, turn out on waxed paper. Spread melted dipping chocolate thinly on one side. Sprinkle with ground walnuts and press lightly into the chocolate. Turn over and repeat on other side the chocolate and walnut procedure.

Ruth Susman . . . Lambda
Sponsored by L. Pearle Hibarger . . . Theta

Aplets

2 T. gelatin
1 c. unsweetened apple sauce, thick
2 c. white sugar
½ c. chopped walnuts
1 T. vanilla

Soak gelatin with ¼ c. of apple sauce for ten minutes. Mix sugar into remaining apple sauce; combine the two mixtures, and boil for 15 minutes. Stir in walnuts and vanilla. Pour into buttered pan, let stand for a day or night and cut into squares, and roll in powdered sugar.

Florence Foley . . . Omicron

Bittersweet Chocolate Drops

¾ lb. sweet chocolate
¼ lb. unsweetened chocolate
1⅓ c. (15 oz. can) Eagle Brand Sweetened Condensed milk
1 t. vanilla
1 c. chopped walnut meats

Melt sweet and unsweetened chocolate in top of double boiler. Add Eagle Brand milk and mix thoroughly. Cook over boiling water for three minutes or until thickened. Remove from heat. Add vanilla and chopped walnuts. Drop by teasppon on waxed paper. Allow to stand for several hours.

For variety, roll drops in powdered sugar, coconut or sliced walnuts. Another variation that makes for attractive candy is to place a nut meat at the top of the chocolate drop.

Christie Fatur . . . Xi
Sponsored by Mrs. Lucille Baump . . . Eta

Butterscotch Squares

2 T. shortening
2 c. brown sugar
4 eggs
½ t. salt
1½ c. cake flour
1 c. chopped nuts
1 t. vanilla
2 t. baking powder

Cook eggs, shortening, salt and sugar for 20 minutes in double boiler. Mix cake flour, baking powder with nuts. Add to above mixture. Add vanilla. Bake 20 minutes at 350 F.

Mrs. Hallie B. Anderson . . . Delta

Date Roll Candy

2 c. white sugar
⅔ c. milk
1 c. dates (cut fine)
1 c. nuts (fine)
1 t. vanilla
1 t. butter

Boil sugar and milk to soft ball, add dates and boil four minutes, stir all the time. Remove, add vanilla, butter, nuts and beat until creamy. Make into two long rolls and roll in a damp cloth. Put in refrigerator and slice as needed. Keeps fresh and moist for some time.

M. Louise Crowley . . . Omicron

Divinity Fudge

2 c. sugar
½ c. corn syrup
¾ c. nuts
½ c. hot water
2 egg whites

Cook sugar, syrup, and water together over medium heat until a little dropped in cold water forms a soft ball. Beat egg whites until stiff. Remove from heat and pour slowly into stiffly beaten egg whites, stirring constantly. Add nuts and beat until stiff. Drop on oiled paper or buttered plate.

Helen J. Roos . . . Xi

Molasses Pop Corn Balls

⅓ c. molasses
¾ c. granulated sugar
¼ c. water
¼ t. salt
1½ T. butter or margarine
6 c. popped corn

Cook molasses, sugar, water, and salt without stirring, to a soft crack stage or 270 F. Remove from heat, add butter, and pour over corn. Mix quickly and mold into balls around a ribbon, (for tying around tree).

Clarita Moore . . . Lambda

Peanut Brittle

2 c. sugar
1 T. butter
½ t. baking soda
1 c. peanuts
⅛ t. salt

Chop peanuts. Caramelize sugar. Remove from fire immediately. Add salt, peanuts, baking soda, and butter. Stir only until blended. Pour quickly in a thin sheet into well-buttered pan. Cut or break.

Mrs Effie Curry . . . Pi

Pecan Pralines

1 c. granulated sugar
2 c. brown sugar
1 c. water
1 T. butter
1 c. pecan meats

Dissolve sugar in water before letting it come to boil, bring to boil and cook at 245 F. to hard ball stage. Remove from heat, add butter and nut meats. Drop by tablespoon on waxed paper.

Yield: 1 dozen.

Mrs. Grace Bliss . . . Delta

Penoche

1 lb. brown sugar
½ c. milk
2 T. white karo
1 T. butter
1 c. walnut meats

Cook sugar, milk, and karo until they make a soft ball in water. Add 1 T. butter. Beat until creamy. Add 1 c. walnut meats. Pour onto buttered sheet. Cut in squares before it hardens.

Nellie N. Eglin . . . Beta

Spiced Nuts

1 c. sugar
½ t. cinnamon
1½ c. walnuts
¼ c. water
⅛ t. cream of tartar

Boil to soft ball stage. Add walnuts, and stir over ice water until it sugars. Turn out on waxed paper and when it sets, separate it with fingers. Keep in cool place.

Mary Ethel Woods . . . Zeta

Notes

Berneta's Kisses

whites of 3 eggs
1 c. sugar
1 c. flour
2 c. pecans
2 c. dates
pinch of salt
vanilla

Beat eggs until stiff. Add sugar slowly, then flour. Add nuts and dates. Salt is sprinkled on eggs before beating. Use teaspoon as measure and shape cookies by hand, well floured. Bake 15 minutes in oven 250 to 300 F.

Berneta Minkwitz . . . National Treasurer

Chinese Chews

1 c. dates
1 c. walnuts
2 eggs
1 c. brown sugar
¾ c. flour
1 cube butter
1 t. baking powder

Beat eggs, add dry ingredients. Melt butter and add. Bake in a shallow greased pan in moderate oven 350 F.

Cut in pieces of desired size, and while warm drop into a bag which contains a small amount of sugar. Toss lightly to coat with the sugar.

Eva Philip Curry . . . Iota

Chocolate Brownies

2 sq. chocolate
½ c. butter (or substitute)
2 eggs
1 c. sugar
⅛ t. salt
¾ c. flour
1 t. baking powder
1 c. nut meats (chopped)
½ t. vanilla

Melt chocolate and butter, add sugar. Add unbeaten eggs. Mix thoroughly. Add nut meats. Pour into a greased pan (10 x 10"), spread the batter evenly, and bake in oven 350 F. for 20 to 25 minutes. Cut into squares or strips and roll in powdered sugar if desired.

Justine Doell . . . Zeta

Chocolate Nut Chewies

⅔ c. shortening
2 c. brown sugar
3 eggs
1 t. vanilla
2 c. flour
½ t. salt
1 t. baking powder
1 c. nuts
1 7 oz. pkg. of sweet chocolate

Cream shortening and sugar. Add eggs and beat well. Add vanilla. Add sifted dry ingredients and beat smoothly. Stir in nuts and chocolate. Pour into greased pan. Bake in moderate oven 25 minutes. When nearly cool cut into finger length bars.

Makes 3 dozen.

Frances Nordling . . . Iota

Clifford Tea Cookies

(Ice Box Cookies)

1 c. shortening
2 c. brown sugar
2 eggs
3½ c. flour
1 t. soda
½ t. salt
1 c. chopped nuts

Cream fat and sugar. Add beaten eggs. Sift salt, soda and flour three times, then add gradually to the sugar mixture. Pack in a mold and let stand in ice box overnight. Bake in a moderate oven 375 F.

Dorothy Stoll . . . Epsilon

Coconut Corn Flakes Macaroons

3 c. corn flakes
3 egg whites
1 c. sugar
2 T. melted butter
1 c. coconut
2 T. flour
½ c. chopped nuts

Mix coconut, corn flakes and nuts together. Fold the butter and sugar into the beaten egg whites, add sifted flour and other ingredients. Drop by spoonfuls on baking sheet. Bake at 375 F. until delicately browned, 10 or 15 minutes.

Lela Bigelow . . . Iota

Coconut Squares

1 c. flour
½ c. butter
2 T. sugar

Cream butter and sugar. Add flour. Spread in 9 inch pan, lined with oil paper. Pat in place. Bake 20 minutes in 350 F. oven.

FILLING

2 eggs, beaten
1½ c. brown sugar
½ t. vanilla
1 c. nut meats
¼ c. coconut
2 T. flour
½ t. baking powder

Mix, beat well, pour on short bread. Spread evenly. Bake in 300° F. oven 30 minutes or until brown. Cool slightly. Cut in squares. May be soft on top when removed from oven, but will thicken when completely cooled.

Jessie Lichtenberger . . . Beta

Coconut Squares

¼ c. brown sugar
1 c. flour
¼ c. shortening

Mix the flour with sugar and cut in the shortening until mixture resembles coarse meal. Pat into ungreased pan 8" x 8" and bake in 350 F. oven 15 minutes or until light brown.

2 eggs
1 c. brown sugar
¼ c. flour
½ t. baking powder
½ t. salt
1 t. vanilla
1½ c. shredded coconut
1 c. nut meats

Beat eggs with brown sugar, fold in flour sifted with baking powder and salt. Add vanilla, coconut and nut meats. Spread this over top of mixture already baked. Return to oven and bake 20 minutes longer at 350 F. While warm cut into squares.

Helen Lommasson . . . Beta

Dad's Cookies

1 c. white sugar
1 c. brown sugar
2 eggs
1 c. shortening
2 c. flour
1½ c. oatmeal
1 c. coconut
1 t. soda
vanilla
salt

Roll in balls and press out with fork.

Frances L. Joy . . . Gamma

Date Bars

1 c. chopped dates
2 eggs
½ c. sugar
1 t. baking powder
½ t. salt
1 c. sugar
1 t. vanilla
1 c. chopped nuts

Beat egg yolks, vanilla, sugar. Add chopped dates. Add flour, baking powder and salt which have been sifted together. Fold in stiffly beaten egg whites with nuts. Pour into greased square pan, bake 25 minutes at 375 F. When cool, cut into squares and roll in powdered sugar.

Alma Youngberg . . . Gamma

Date Swirls

½ c. butter
½ c. brown sugar
½ c. white sugar
2 c. flour
1 egg
½ t. soda
¼ t. salt

FILLING

½ lb. pitted dates
¼ c. sugar
½ c. walnuts
⅓ c. water
fg. salt

Cream butter and sugar and add beaten egg. Stir in flour, sifted with soda and salt. Let dough stand ½ hour, roll out ¼ inch thick. Make the filling by cooking all but the walnuts for five minutes and then adding the walnuts. Spread on the date filling, roll up (like a jelly roll). Let stand over night, slice thin, and bake in oven 350-375 F.

Elisabeth Kempkes . . . Delta

Drop Doughnuts

1 c. milk or sour cream
1 egg
1 c. sugar
½ t. salt
3 c. flour
1 t. baking powder
(Add scant ½ t. soda if using sour cream.)

Beat egg, blend with sugar and liquid. Add dry ingredients. Drop by spoonfuls into hot fat. When brown, drain on paper and when cool roll in sugar.

Florence Hansen . . . Kappa

Filled Cookies

1½ c. sugar
¾ c. butter
¾ c. milk
2 eggs
5½ c. flour
1½ t. soda
3 t. baking powder
salt and vanilla

FILLING

1 c. dates
½ c. walnuts
1 T. flour
½ c. sugar
½ c. water
vanilla

Cook until thick. Add nuts when taken from stove.

Cream butter or shortening, add sugar and cream well. Add beaten eggs. Add milk and flour alternately. To the flour add the soda, baking powder and salt. Add vanilla. Spread on floured board and roll thin. Cut with cutter and put on your pan. On each cookie put one teaspoon filling. Place another cookie on top of this and press down edges. Bake in moderate oven, about 350 F.

Makes about 40 cookies.

Ruth Loreen . . . Gamma

Fudge Cookies

2 c. sugar
1 c. evaporated milk
2 sq. chocolate
1 T. butter
3 c. graham cracker crumbs
24 marshmallows, cut in ¼ inch pieces
1 c. nut meats

Cook sugar, milk, and chocolate until it forms a soft ball when tested in cold water. Add the butter. Set aside 15 minutes, add the remaining ingredients. Beat until it begins to stiffen. Pour into a 7" x 8" pan lined with wax paper. Cut into 1" squares.

Makes 64 squares.

Margaret Leikvold . . . Alpha Sigma State

Ginger Snaps

1 c. sugar
1 c. shortening
4 c. flour
1 c. molasses
1 t. soda
1 T. ginger
½ t. salt
1 egg

Cream sugar and shortening. Add beaten egg. Add dry ingredients alternately with molasses. Shape into roll. Chill overnight in refrigerator. Slice and bake 10 or 15 minutes.

Violet Marshall . . . Gamma

Good Cookies

2 c. brown sugar
1 c. shortening
2 eggs well beaten
2 small t. soda
2 small t. cream of tartar
1 t. lemon extract
1 t. vanilla extract
3¾ c. flour

Roll into balls and press with fork. Bake in moderate oven 350 F.

Nan Bangs . . . Kappa

Gum Drop Cookies

1 c. butter
1 c. white sugar
1 c. brown sugar
2 eggs, beaten
2 c. flour (or more)
1 t. baking powder
1 t. salt
1 t. soda in
1 T. cold water
2 c. oatmeal
1 c. coconut
1 c. colored gum drops cut in pieces
1 T. vanilla

Cream the butter, add the white and brown sugar and cream thoroughly. Add the beaten eggs. Sift and measure the flour, add the baking powder and salt and sift twice again. Add the flour mixture and the dissolved soda and vanilla to the creamed mixture. Add the oatmeal, coconut, and gum drops. Shape into small balls, place on greased baking sheet, and flatten with a fork. Bake in moderate oven, 375 F., about 12 minutes.

Agnes Sund . . . Nu

Hermits

¾ c. Spry
¾ t. salt
1 t. cinnamon
¼ t. cloves
½ t. nutmeg
½ c. chopped nuts
1½ c. brown sugar firmly backed
2 eggs well beaten
1 T. milk
2½ c. sifted flour
½ t. soda
1 c. seeded raisins cut up or
1 c. mixed candied fruit

Blend Spry, salt and spices. Add brown sugar gradually and cream well. Add beaten eggs and milk. Mix well. Sift flour and soda together. Add flour to first mixture, then raisins and nuts. Blend well. Drop from spoon on greased baking sheets. Or press through pastry bag. Let stand a few minutes, then flatten cookies by stamping with glass covered with a damp cloth. 350 F. 12 to 15 minutes. 6 dozen cookies.

Ena Harris . . . Kappa

Oatmeal Chocolate Chip Cookies

¾ c. butter or shortening
½ c. brown sugar, firmly packed
½ c. granulated sugar
2 eggs
1 c. and 2 T. all purpose flour
1 t. baking powder
¼ t. salt
⅓ c. milk
1 t. vanilla
½ c. nut meats chopped (optional)
3 c. rolled oats (uncooked)
1 7 oz. bar of semi-sweet chocolate cut in pieces or 1 7 oz. pkg. chocolate chips

Cream the shortening and sugar. Beat in eggs, one at a time. Sift flour once before measuring, then add baking powder and salt and sift together. Add flour alternately with milk. Stir in vanilla. Add the nuts, then the rolled oats, and lastly, the chocolate. Drop from teaspoon on greased cookie sheet. Bake in oven 375 F. for 12 minutes.

Makes 40 to 50.

Ruth Matson . . . Nu

Oatmeal Cookies

1 c. brown sugar
1½ c. flour
2 c. rolled oats
¼ t. salt
1 c. shortening (¼ of this may be bacon drippings)
1 egg
1 t. soda
3 T. milk
pinch of nutmeg

Blend sugar, shortening, egg. Add dry ingredients. Add milk last. Knead gently on molding board, chill in ice box for a few hours. Roll very thin, and cut with cooky cutter. Brush with milk. Bake in hot oven until brown.

Makes about 4 dozen.

Madge Gradon . . . Beta

Overnight Cookies

2 c. brown sugar
1 c. white sugar
3 eggs
2 c. oil
1 t. vanilla
1 t. salt
2 t. cinnamon
2 t. baking powder
5 c. flour
1½ t. soda
1 c. raisins
1 c. nuts

Combine sugar, oil, and vanilla. Add well beaten eggs. Combine remaining dry ingredients and add to above mixture. Add raisins and nuts. Let stand overnight. Make into roll. Slice thin, if desired, flatten with hand. 375 F.

Anna Goodnight . . . Mu

Pecan Delight

½ lb. butter
4 T. sugar
½ t. salt
2 t. vanilla
2 c. Swansdown flour sifted 3 times
2 c. chopped pecans

Cream butter and sugar. Add other ingredients. Mix together with hands and roll in little balls. Bake in slow oven 250 F. for one hour. Roll in powdered sugar while hot and again when cold.

Mabel Eldred . . . Beta

Raisin Bars

½ c. fat
½ c. sugar
¼ c. sour milk
½ t. baking powder
⅛ t. soda
1 egg
2½ c. flour
fg. salt

Blend fat, sugar, salt, and egg. Sift flour, soda and baking powder, twice. Add sour milk and flour alternately to first mixture. Roll in two sheets ¼ in. thick. Place one sheet on cookie sheet and spread with raisin filling. Place second sheet on top and bake in oven 375 F. until done. Cut bars while warm.

FILLING

½ c. sugar
½ c. water
2 c. chopped raisins
½ c. chopped nut meats

Bring to boil the sugar and water. Add the chopped raisins and simmer 10 minutes. Cool and add the chopped nut meats.

Rachel Shephard . . . Omicron
Sponsored by Leslie V. De Long . . . Iota

Rolled Date Cookies

1 c. white sugar
1 c. brown sugar
1 c. butter or substitute
3 eggs, well beaten
4 c. flour
½ t. salt
½ t. soda
1 t. vanilla

Roll out the dough. Spread with the filling. Roll it up as jelly roll and chill in ice box several hours. Slice off and bake as over night cookies. Oven 375 F. Bake 20 minutes. 3 doz. cookies.

FILLING

2 c. seeded dates
1 c. sugar
1 c. water
1 c. nut meats (walnut)

Cook dates, sugar, water for 10 minutes. Add nut meats a few moments before removing from stove.

Bertha C. Daggett . . . Kappa
Sponsored by Jane Morgan . . . Eta

Sour Milk Doughnuts

2 eggs
1½ c. sugar
5 T. melted lard
1 c. sour milk
(or ½ more)
nutmeg
1 t. salt
1 t. soda
½ t. baking powder
flour

Cream eggs and sugar; add melted lard and mix. Add sour milk and stir. Add dry ingredients and mix well. Use sufficient flour to make easy handling and roll out. Shape and fry in deep fat.

Hazel Nesbitt . . . Gamma

Spiced Applesauce Cookies

½ c. shortening
1 c. sugar
1 egg
2 c. flour
½ t. salt
½ t. soda
½ t. cinnamon
¼ t. cloves
1 t. baking powder
1 c. unsweetened applesauce

Cream shortening, add sugar, gradually whip in egg. Mix dry ingredients thoroughly and add alternately with applesauce, adding flour last. Drop from a spoon onto a buttered cookie sheet about 2 inches apart. Bake in 350 F. until nicely browned. Remove from pan before cool.

Mayme Sterling . . . Zeta

Spice Dulcies

2¼ c. all purpose flour
1½ t. baking soda
½ t. cinnamon
1½ t. cinnamon
1 t. ginger
½ t. salt
granulated sugar
¾ c. shortening
1 c. siften brown suagr, firmly packed
1 egg
4 T. molasses
½ c. chopped nuts

Sift, then measure flour. Sift again with baking soda, spices and salt.

Cream shortening, add brown sugar gradually. Blend in egg. Add molasses. Add dry ingredients, blending well. Add nuts last.

Chill dough for about one hour or longer if desired. Then form dough into balls about the size of walnuts. Dip each one in the granulated sugar, then place on ungreased baking sheet and sprinkle with water. These should be placed about 1½ inches apart to allow for spreading.

Bake in moderate oven for 10 to 15 minutes. Makes about 4 dozen cookies.

Alberta Schmitz . . . Alpha

Springerli Cookies

6 eggs
3 c. sugar
4½ c. flour
fg. of salt
1 t. lemon extract
⅛ t. soda
butter size of a walnut

Beat whole eggs till thick. Add sugar gradually, beating well between each addition until all is combined. Add butter cut in pieces and stir until dissolved. Stir about ½ hour. Fold in flour and knead lightly. Roll out the dough about ½ inch thick. Flour the springerli board carefully and press dough firmly onto the board. Remove from board and cut along the line of imprint. Place on bread board sprinkled with anise seed. Let cookies stand overnight.

Bake in moderate oven 350 F. In 15 minutes cookies should be light in color.

Esther Uhden . . . Omicron

Tea Cookies

½ c. melted butter
½ c. sugar
1 egg
¾ c. cornstarch
¾ c. flour
1 t. baking powder
¼ t. salt

Stir all together and set aside for a short time. Roll into marbles. Make a dent in top. Put in red jelly and bake.

Dee Stewart . . . Lambda

Toasted Oatmeal Cookies

1½ c. oatmeal
½ c. sour milk
1 c. shortening
2 c. brown sugar
2 eggs
1 t. vanilla
1 t. baking powder
2½ c. sifted flour
¼ t. cloves
1 t. cinnamon
¼ t. nutmeg
1 c. chopped dates
1 c. chopped nuts
1 t. soda
1 t. salt

Sprinkle oatmeal in large shallow pan, brown lightly. Remove, place in bowl. Add sour milk, let stand 15 minutes.

Cream shortening and sugar, add eggs and vanilla. Beat well. Add oatmeal. Stir in flour sifted with baking powder, soda, salt, spices. Add fruit. Bake in oven 375 F. for 12 to 15 minutes.

Makes 6 dozen.

Irene E. Norton . . . Alpha

Vienna Rings

3 whole eggs
6 yolks
1 lb. butter (cold)
1 lb. sugar
½ t. lemon extract
2 lbs. flour

Mix together flour, sugar and butter. Add eggs and flavoring. Mix well. Take dough size of walnut and with hands mould into rings; dip rings into beaten whites of 3 eggs, then roll in chopped almonds mixed with sugar and cinnamon. Bake in moderate oven (350 F.)

Esther Uhden . . . Omicron
Sponsored by Dora Herren . . . Beta

Walnut Squares

½ c. butter (scant)
1 c. flour
½ c. powdered sugar (scant)
pinch salt

Mix dry ingredients, cut in butter. Pat in bottom of tin 9" x 9" and bake 10 minutes. Then add:

1 c. walnuts
1 c. brown sugar
½ c. coconut
pinch salt
⅓ c. chopped candied cherries
2 T. flour
scant t. baking powder
2 eggs beaten

Mix in order given. Spread over first mixture. Bake in moderate oven for 25 minutes.

Ice with orange icing.

Estelle Erickson . . . Omicro n

White Overnight Cookies

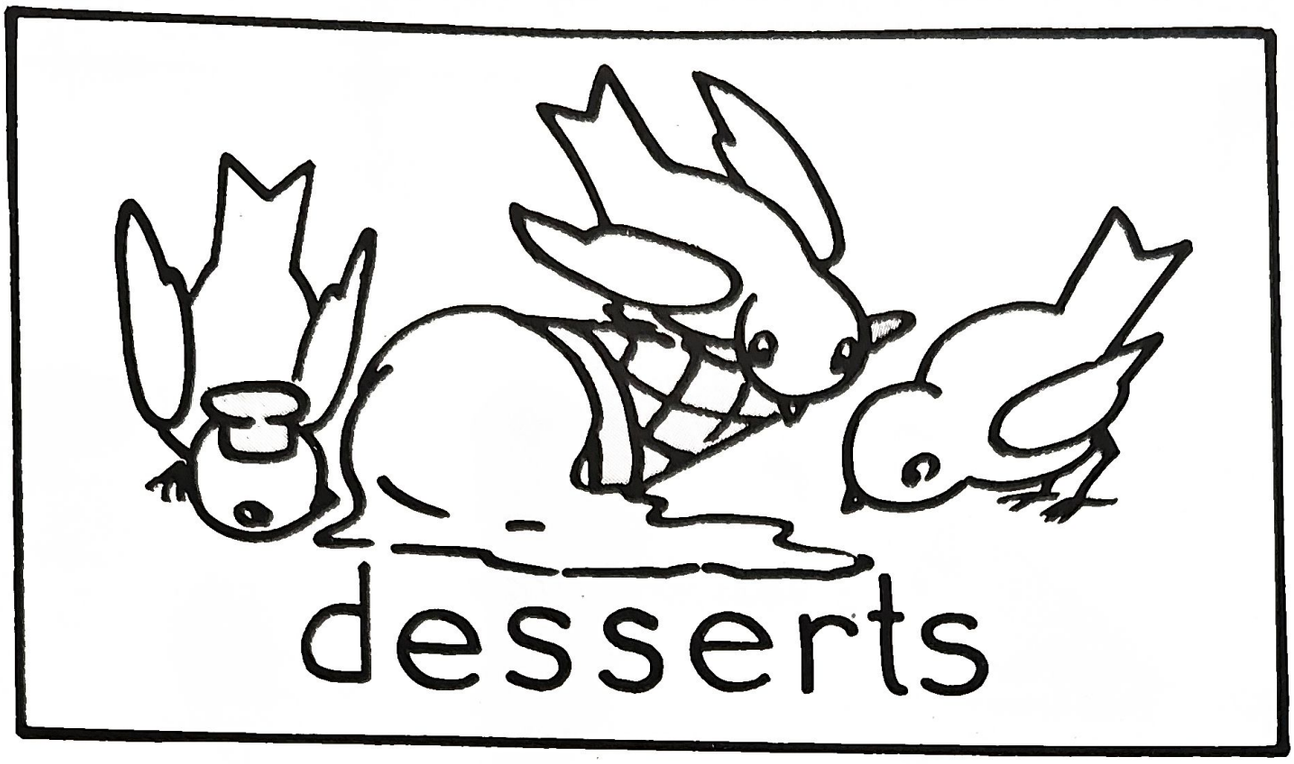
½ lb. butter
4 T. sugar
almonds
3 c. flour
vanilla
egg white or cream

Make into a roll and let stand overnight. Slice and dip in egg white or cream. Spread ground almonds and sugar mixed together on top.

Bake in moderate oven 350 F. for 12 to 15 minutes.

Makes about 6 dozen.

Helen Leif . . . Alpha



Angel's Delight

1 pkg. lemon jello
2 c. hot water
½ c. sugar
juice of 1½ lemons
1 tall can of Carnation milk
¾ lg. Nabiscoes

Prepare jello as usual dissolving in hot water. Add sugar and lemon juice and cool. When partly set whip and chill. Chill the Carnation milk and whip it. Combine milk and jello combination. Pour into pan lined with crushed Nabisco crumbs and top with more crumbs. Chill in frigidaire at least 12 hours. Cut into squares and serve with a dab of whipped cream.

Serves 8 to 10 people.

Laura Marquardt . . . Omicron

Angel Pie

4 egg whites
1 c. sugar
¼ t. cream of tartar
1 t. vinegar
½ t. vanilla

Beat eggs till stand in peaks. Add cream of tartar, then sugar slowly. Add vinegar and vanilla. Spread on flat pan. 250 F. 45 minutes.

FILLING

4 egg yolks
½ c. sugar
1 pt. whipping cream
3 T. hot water
1 lemon (rind and juice)

Cook in double boiler until thick, stirring constantly. Take ¼ whipped cream and beat. Pour over the cooled meringue (cream flavored but not sweetened).

Pour the lemon filling over cream and set in ice box till next day. Serve with rest of whipped cream.

Mrs. Berenice Potts . . . Alpha
Sponsored by Mrs. Carrie W. Swick . . . Mu

Apricot-Rice Fluff

1½ c. dried apricots
½ c. sugar
1 c. whipping cream
2 c. cooked rice
2 t. powdered sugar
½ t. cinnamon
¼ t. lemon extract

Cook apricots down dry. Add sugar and beat. Cool.

Whip cream stiff, add powdered sugar, rice, cinnamon, extract, and beat. Add apricot pulp, chill and serve in glasses.

Elizabeth C. Sterling . . . Mu

Belgian Bananas

⅓ c. butter
¾ c. sugar
⅓ c. lemon juice
½ c. orange juice

Let butter, sugar, lemon juice and orange juice stand over hot water until melted together.

Arrange three ripe bananas in a shallow pan, cover with sauce and bake in moderate oven (350 F.) for 30 minutes, basting frequently. Serves six.

Mabel Eldred . . . Beta
Sponsored by Wilda Ingels . . . Omicron

Blitz Torte

½ c. shortening
½ c. sugar
⅛ t. salt
4 egg yolks, beaten light
1 t. vanilla
3 T. milk
1 c. sifted cake flour
1 t. baking powder
4 egg whites
¾ c. sugar
½ c. nuts
1 T. sugar

Cream shortening; beat in sugar and salt, then egg yolks, vanilla, milk, and flour (sifted with baking powder). Spread mixture in 2 round greased cake pans. Beat egg whites until light, add ¾ c. sugar gradually and spread on unbaked mixture in both pans. Sprinkle with nuts and 1 T. sugar and bake in 350 F. oven, about 30 minutes. Let cool and put together with cream filling.

CREAM FILLING

⅛ c. sugar
3 T. cornstarch
¼ t. salt
2 egg yolks
2 T. butter
2 c. scalded milk
1 t. vanilla

Combine sugar, cornstarch, salt and egg yolks; beat. Add butter and milk to make smooth paste. Add paste to remaining hot milk and cook over boiling water, stirring constantly until thick. Cool, add vanilla.

Mabel Freeburg . . . Mu

Butterscotch Cream

1 c. sugar
1 c. boiling water
1 T. gelatin, unflavored
¼ c. cold water
½ pt. heavy cream

Caramelize sugar in heavy skillet. Add boiling water to make 1 pt. of liquid. Add gelatin, softened in cold water. Stir into hot liquid and let cool until syrupy. Fold in cream stiffly whipped. Pile lightly in sherbet glasses and put in refrigerator until needed. Decorate with nuts or cherries. 4 large or 6 small servings.

Margaret Page Johnson . . . Mu

Chocolate Almond Refrigerator Cake

1 c. heavy cream
½ c. finely chopped chocolate covered almonds
16 graham crackers
8 whole chocolate covered almonds

Whip ½ c. cream until thickened, add chopped almonds. Spread on crackers; place together to make loaf. Wrap in waxed paper. Chill overnight. Just before serving whip remaining cream. Spread on loaf, garnish with whole almonds. Serves 4.

V. Uneta Kitchen . . . Kappa

Chocolate Waffles

½ c. butter
1 c. sugar
2 eggs, well beaten
½ c. milk
1½ c. pastry flour
2 t. baking powder
fg. salt
3 T. cocoa
1 t. vanilla
fg. cinnamon

Cream butter and sugar. Whip in well beaten eggs. Add milk and sifted flour with dry ingredients alternately; add cocoa, vanilla, and cinnamon. Serve with ice cream. Serves about 6.

Gwendolyn Shakespeare . . . Delta

Cream Puffs

(For salads, hors d'ouvres, and desserts)

¼ c. butter
½ c. boiling water
2 eggs
1 large c. flour

Heat butter and water to boiling point, sift flour, measure and sift again. Add flour all at once to water. This forms into a ball in about a minute as you stir it. Remove from fire, add eggs unbeaten, one at a time, stirring and beating mixture till velvety smooth. Put mixture by spoonfuls on lightly greased baking sheet or shallow pan. Space 3 inches apart. Bake in hot oven, 450 F., for 15 minutes, then lower to 350 F. and bake for 30-35 minutes after puffs have expanded. When done, remove to cooling rack. Cut off tops, take out any soft dough with spoon. Fill and replace tops.

1. Salads. Fill tiny puffs with softened cream cheese, well seasoned, and serve with salads.

2. Hors d'ouvres. Fill puffs with shrimp, crab, creamed ham, or oysters. Use a white sauce well seasoned with Worcestershire sauce or mustard. Heat puffs and add hot mixture as they are served.

3. Desserts. Fill puffs with whipped cream or custard mixture, and frost with coffee-flavored icing for desserts.

Elaine Norton . . . Alpha
Sponsored by Edith R. Morse . . . Delta

Creamed Rhubarb Pie

2 T. corn starch
¼ t. salt
1 c. sugar

Mix and sift the above. Add 1 c. of boiling water and stir constantly until boiling point is reached. Add grated rind of 1 orange, 1 c. of finely chopped rhubarb, 1 T. of butter and the well-beaten yolks of 3 eggs. Turn mixture into pastry-lined pie plate, bake 30 minutes in medium oven. Cool slightly. Beat 3 egg whites stiffly, add ½ c. of sugar, pile meringue over the pie, place in oven and brown.

Mirriel B. Huntington . . . Epsilon

Date Crumble

1½ c. bread crumbs
1 c. sugar
1 t. baking powder
1 c. dates
½ c. nuts
3 whole eggs (beaten)
fg. salt
whipping cream (added last)

Mix all ingredients thoroughly. Bake in moderate oven until brown. Cool and crumble. Mix with whipped cream. Serves 10 to 12.

Barbara C. Schmitt . . . Lambda

Date Torte

½ c. flour
⅛ t. baking powder
1 pkg. dates
1 c. nuts
2 eggs
½ c. sugar
½ t. vanilla

Sift flour, salt and baking powder into mixing bowl. Mix pitted and sliced dates and coarsely chopped nuts through the flour with the finger tips. Beat eggs; add vanilla, beat in sugar gradually, stir in flour, dates, and nut mixture.

Bake in well-oiled shallow pan in slow oven 325 F. 45 to 60 minutes. Remove from pan, cool, cut in squares, and serve with whipped cream or ice cream.

Pauline Johnson . . . Beta

Graham Loaf

½ lb. graham crackers
½ lb. dates, pitted and chopped
½ c. chopped nuts
½ lb. marshmallows, diced
3 T. lemon juice
¼ t. salt

Roll crackers. Combine ingredients. Mix thoroughly. Add cream if too dry. Form in a roll. Wrap in waxed paper. Let stand overnight. Slice and serve with whipped cream. Serves 10.

Helen Gordon . . . Epsilon

Krummel Torte

6 eggs, beaten separately
½ lb. dates, cut up fine
½ lb. walnuts, cut fine
2 c. sugar
1 c. wheat bread crumbs
1 t. baking powder

Mix baking powder with bread crumbs. Add egg yolks to sugar, then dates, nuts and bread crumbs. Lastly add egg whites. Bake in thin layers for 20 minutes in a 350 F. oven. When cool, but not cold, break up or cut into squares. Serve with ice cream on top or whipped cream.

Serves 12. Amount of bread crumbs used may vary from 3 T. to 1½ c. depending upon taste or desire to make recipe larger.

Elsie Wendling . . . Lambda

Lemon Cups

1 c. sugar
4 T. flour
2 T. butter, melted
½ t. salt
5 T. lemon juice
grated rind 1 lemon
3 well-beaten egg yolks
1½ c. milk
3 well-beaten egg whites

Add blended sugar, flour, and salt to butter. Add lemon juice and rind, and blend well. Add to egg yolks and milk, and stir well. Fold in egg whites. Pour into greased custard cups, and place in pan of hot water. Bake in moderate oven 350 F. for 45 minutes.

When baked, each dessert will have custard on bottom and cake on top.

Mrs. Roberta C. Swartzell . . . Omicron

Lemon Delight

1 can milk (chilled)
1 pkg. lemon jello
¾ c. sugar
juice of 1 lemon
6 Nabisco wafers crushed

Whip chilled milk. Add jello and sugar. Beat a little longer. Fold in the juice of the lemon. The lemon causes the mixture to thicken. Pour into flat dish and spread crushed cookies over it. Serve when well chilled.

Mrs. Helen Andersen . . . Epsilon

Macaroon Pie

3 egg whites
1 c. sugar
5 double Saratoga flakes crushed fine
1 c. dates
1 c. nuts

Bake in pie tin 30 minutes at 300 to 325 F.

Mildred Paulson . . . Xi

Meringue Shells

3 egg whites
½ t. baking powder
⅛ t. salt
1 c. sugar
1 t. vinegar
1 t. vanilla

Add salt to egg whites, beat until frothy. Sprinkle with baking powder and beat until stiff. Add sugar slowly, beating well after each addition. When most of sugar has been added, add vinegar and vanilla, then remaining sugar. Beat until glossy. Divide into 8 piles on cookie sheet. Shape with fork. Bake in slow oven 1 hour.

Serves 8.

Irma R. Hazen . . . Alpha

Peach Marshmallow Refrigerator Cake

1 t. unflavored gelatin
¼ c. cold water
⅓ c. butter (softened)
1 c. confectioners sugar
2 eggs, separated
½ lb. marshmallows, cut into small pieces
4 c. sliced peaches
2 c. vanilla wafer crumbs

Soften gelatin in water 5 minutes. Cream butter, add sugar and blend in egg yolks. Cook over low heat, stirring constantly until thickened. Remove from heat, add gelatin and stir until dissolved. Cool slightly, add marshmallows, blend lightly and chill until mixture begins to thicken. Fold in sliced peaches and beaten egg whites, arrange alternate layers of cookie crumbs and peach filling in a mold, beginning and ending with cooked crumbs. Chill until firm, unmold and serve with or without whipped cream. Serves 8.

Use sweetened cooked apricots instead of peaches.

Mentha Crofoot . . . Nu

Peppermint Bavarian Cream

2 c. milk
1½ T. granulated gelatine
½ lb. red peppermint stick candy
½ t. salt
½ pt. whipping cream

To ¼ c. of cold milk add the gelatine and let soak while rest of milk is scalding in double boiler with the crushed peppermint candy. When the candy is melted, add gelatine and stir until dissolved. Cool quickly. When thick, beat till light with rotary beater, fold in whipped cream, then put in molds and chill.

Serves 10.

Olive Lowry . . . Eta

Pineapple Ice Box Dessert

1 small can crushed pineapple
1 c. sugar
½ c. butter
2 egg yolks
pecans, walnuts
vanilla wafers
whipped cream

Put pineapple, sugar, butter, and egg yolks into double boiler. Cook until thick. Cool. Add pecans or walnuts.

Put a layer of vanilla wafers into pan. Then a layer of filling. Alternate. Place in icebox overnight. Serve with whipped cream. Serves six persons.

Martha Mortenson . . . Omicron

Prune Whip

3 egg whites
1 c. sugar (¾ c. if prunes are sweetened)
⅓ t. salt
1 c. chopped stewed prunes
½ c. prune juice
½ c. boiling water
1 T. gelatine

Beat whites stiff. Add sugar and salt slowly. Add gelatine to boiling water and stir until dissolved. Pour onto whites slowly, beating all the time. Add juice and prunes and beat 5 minutes. Put in pans or molds to set.

Helen McClellan . . . Omicron

Velvet Cream

½ box Knox gelatine
1 c. cold water
1 c. sugar
juice and rind of 1 lemon
1 pt. whipped cream, beaten stiff
1 c. minced pineapple

Pour gelatine into water and let stand 15 minutes. Heat sugar, juice and rind of lemon, and add gelatine to this mixture, let cool. Add whipped cream and pineapple. Mix well and chill.

Frances Anderson . . . Delta

Zweiback Torte

1 box zweiback
½ c. melted butter
⅓ c. sugar
1 t. cinnamon

Crush zweiback, add butter and cinnamon, sugar. Save ½ c. for top.

CUSTARD

2 T. corn starch
½ c. sugar
3 egg yolks
2 c. milk
½ t. vanilla
¼ t. salt

Heat milk, add corn starch, sugar, salt, and egg yolks and cook in double boiler. Keep stirring. When thick, add vanilla.

Place crumbs on bottom of pan. Add custard, then beaten egg whites to which a little sugar has been added. Sprinkle crumbs on top. Bake 25 minutes at 350 F.

Serves 6 people.

Dorothy F. Burrows . . . Alpha

ICE CREAM

Apricot Mousse

1 can apricots
1 scant c. sugar
1 egg white
1 T. gelatine
1 c. whipped cream

Drain juice. Add sugar to it and cook to heavy syrup. Cool. Whip egg white very dry and add. Add cream last. Chill for several hours but do not freeze.

Ruth L. Moore . . . Alpha

Caramel Ice Cream

1 c. sugar
¼ c. boiling water
1½ c. milk
2 egg yolks
1 t. gelatine
1 T. cold water
⅛ t. salt
1 t. vanilla
½ c. chopped nuts
1 c. whipping cream

Caramelize sugar until the color of maple sugar by melting in pan over low heat. Add boiling water slowly and cook until a thick syrup is formed. Add milk which has been scalded in double boiler. Pour the combined mixture over egg yolks stirring constantly. Return to double boiler and cook 2 minutes. Pour this on the gelatine that has been dissolved in cold water 5 minutes. Stir, remove from heat, chill, add salt, nuts and vanilla. Fold in the whipped cream and freeze.

Mabel Magaard . . . Omicron

Cranberry Sherbet

1 lb. cranberries
2 c. sugar
½ c. water
2½ c. water
1 T. gelatin
⅛ c. lemon juice

Cook cranberries and water until all the skins pop open. Strain, add sugar and gelatin which has been softened in cold water. Heat until dissolved. Cool and add lemon juice. Pour into tray of mechanical refrigerator and freeze until firm, about 3 to 4 hours.

Laurabelle Minter . . . Kappa

Delicious Lemon Ice Cream

juice of 1 lemon, grated rind if desired
1 scant c. sugar
1 c. milk

Mix above ingredients and let stand for 10 minutes.

Whip ½ pt. cream until very stiff. Fold in the above mixture and freeze in ice tray (refrigerator) **without stirring.**

6 to 8 servings.

Millie A. Bethke . . . Beta

Grape Juice Ice Cream

20 marshmallows
1½ c. grape juice
1 c. whipped cream

Melt marshmallows in grape juice. Chill until jellied. Fold whipped cream into this mixture, and freeze.

Zilda Baker . . . Kappa
Sponsored by Lillie Setula . . . Iota

Maple Special

1 pt. cream whipped stiff
½ c. granulated sugar beaten into cream
1 t. mapeline beaten into cream and sugar

Pour into 1 lb. coffee can and freeze 4 or 5 hours.

Odella Smith Walsh . . . Beta

Never-Fail Sherbet

1 qt. whole milk
2 c. sugar
juice of 2 or 3 oranges, and one lemon

Combine juice and sugar. Add milk. Freeze to mush, then beat with egg beater. Return to refrigerator and freeze to desired consistency.

Any fruit juice may be used. Crushed pineapple is especially good.

Vesper T. Hall . . . Omicron

Peppermint Ice Cream

20 marshmallows
1 c. milk
⅔ pt. whipped cream
1 stick peppermint candy

Heat milk and marshmallows together and beat. Cool and add whipped cream. Crush candy. (Best method is to put in clean salt sack and pound with hammer). Add to mixture. Freeze.

Pearl Staffelbach . . . Epsilon

Pineapple Sherbet

2 c. milk
1½ c. sugar
small can crushed pineapple
juice of 1 lemon
1 pt. whipping cream

Freeze milk, sugar, pineapple, and lemon juice to a pulp. Then add whipping cream.

Pearl Staffelbach . . . Epsilon
Sponsored by Mary Irene Murphy . . . Alpha

Refrigerator Ice Cream

3 eggs, beaten separately
1 c. sugar
1½ c. milk
1 pt. cream
1 t. vanilla

Beat cream, add beaten whites to cream and whip very stiff.

Beat yolks till very light. Add sugar and mix well. Add milk and vanilla and pour mixture into the cream and whites. Beat once while freezing. Serves eight.

To vary the recipe, 4 level T. of cocoa may be heated with ½ c. of the milk and added when cool to the rest of the milk. Or 1 small can of crushed pineapple may be added when the mixture is beaten while freezing.

Margaret McNees Lehman . . . Zeta

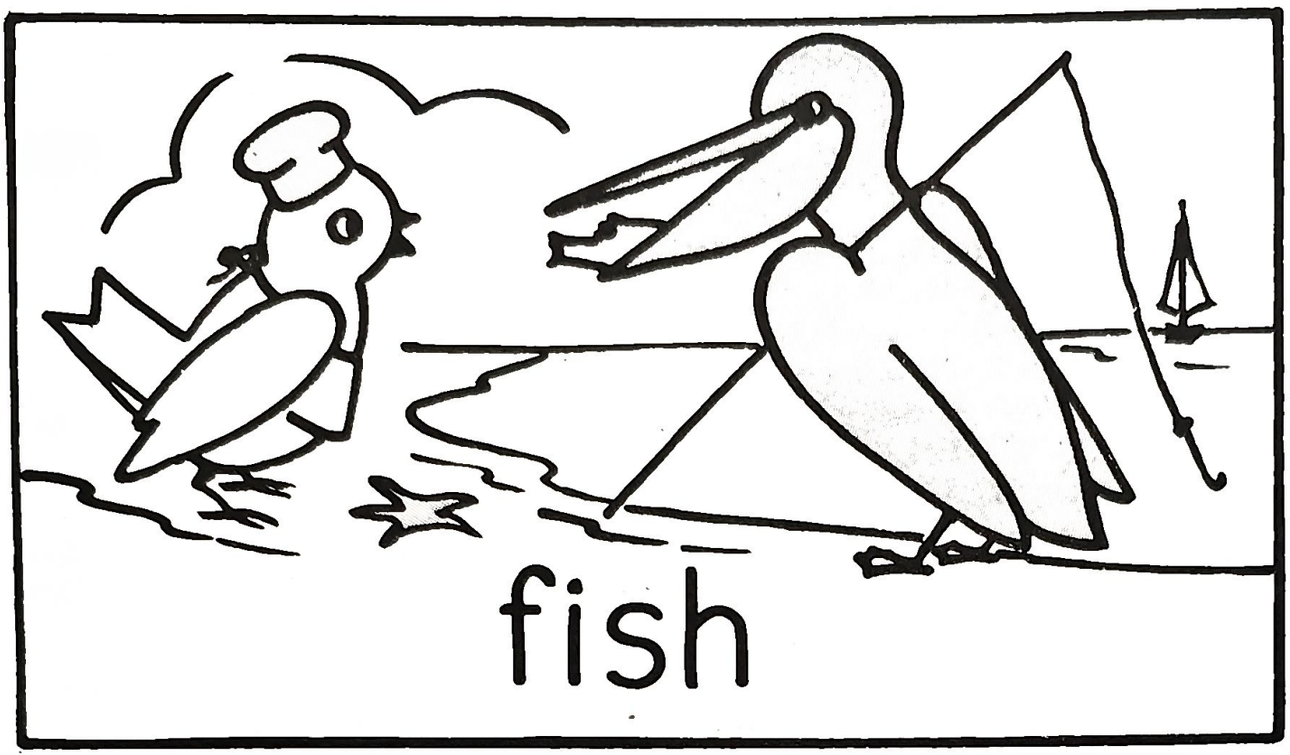
Sherbet

1 pkg. lime or raspberry Jello
1 c. hot water
2 lemons
1½ c. sugar
1 qt. milk

Dissolve Jello in hot water and let cool. Grate the rinds of the lemons; add the juice of the lemons; mix in 1½ c. sugar. Add to the Jello mixture and stir in qt. of milk. Stir well and place in freezing tray. Stir two or three times while freezing. Serves 12.

Estella Dyer . . . Gamma

Notes



Avocado and Crab

(luncheon dish)

3 large avocadoes
bread crumbs
1 c. crab meat
white sauce

Cut avocadoes in half, remove stone but do not peel, and place in a shallow baking dish.

White sauce (1 T. butter, 1 T. flour, 1 c. milk, cook together) and add the crab meat. Then put this crab mixture in the centers of the avocadoes, over which sprinkle buttered and browned bread crumbs. Bake about 30 minutes at 350 F. Serve hot.

Serves 6.

Inez E. Moore . . . Alpha

Baked Fish and Cracker Stuffing

1 small onion
1 T. parsley
¼ c. chopped celery
2 T. butter
1 doz. crackers
salt, pepper, sage

Fry onion, parsley, celery in butter. Crumble crackers into above mixture. Season with salt, pepper, and sage. May add tiny bit of water, but moisture of fish should hold dressing together and yet keep it crisp.

Stuff fish, rub with seasoning, dust with flour and bake 1 hour in moderate oven.

Serve with white sauce, seasoned with salt, pepper, Worcestershire sauce, parsley flakes, chives and hard cooked eggs.

Elaine Norton . . . Alpha

Baked Halibut with Fish Sauce

Stuff fish with mixture of:

1 c. bread crumbs
1 T. butter
1 t. sugar
water to moisten
1 t. salt
1 egg yolk
juice of 1 lemon
sage, pepper, chopped onion

FISH SAUCE

1 c. milk
juice of 1 lemon
sugar
1½ T. flour
white of 1 egg
salt

Heat milk, lemon juice, sugar, salt and thicken with flour. Fold in beaten white of the egg.

Barbara Huston . . . Nu

Baked Sea Food

1 green pepper chopped
1 onion chopped
1 c. celery chopped
1 c. fresh crab meat
1 c. fresh shrimp
½ c. chopped mushrooms
1 c. mayonnaise
½ t. salt
¼ t. pepper
1 t. Worcestershire sauce
buttered and toasted bread crumbs or rolled Ritz crackers

Combine and blend ingredients. Place mixture in individual shells or shallow baking dish. Sprinkle crumbs over all. Bake in 350 F. oven 30 minutes. Serve with sections of lemon. Serves 6.

Rosanna T. Davis . . . Omicron
Sponsored by Charlotte B. Richardson . . . Lambda

Crabmeat Bacon Rolls

20 MINUTE BROILER DINNER

2 small cans crabmeat
2 c. soft bread crumbs
6 strips bacon
1 T. chopped parsley
2 eggs, slightly beaten
dry bread crumbs
¼ c. tomato juice
¼ t. salt
fg. pepper
1 beaten egg
1 T. chopped celery leaves

Bone and flake crabmeat. Add soft crumbs and seasonings. Mix thoroughly with eggs. Shape in six rolls. Cover each with a layer of fine crumbs. Allow to stand five minutes. Dip in beaten eggs and roll in crumbs. Wrap each with a strip of bacon, skewer with toothpick. Arrange on broiler pan and broil slowly until well browned, about 20 minutes. Serve hot with tomato sauce or mushroom sauce.

Gladys W. McCaughey . . . Nu

Fiske Gratin (Fish Souffle)

1 qt. milk
3 T. flour
4 or 5 eggs
2 c. fish
2 c. mashed potatoes

Scrape fish from bones after it has been boiled. Scald 3½ c. milk. Combine remaining ½ c. milk and flour, mixing well. When thickened, cool a little and add fish and potatoes. Drop in 1 egg at a time, stirring well. Add salt and nutmeg to taste. Place in a buttered baking dish, in a pan of water. Bake 1½ hours at 350 F. Serve with melted butter.

Ruth Gregory . . . Beta

Hot Crab Dish

2 crabs or ½ lb. crabmeat
1 c. chopped celery
1 c. peas
3 hard boiled eggs
½ c. blanched almonds chopped (peanuts can be used)

Combine the above with a well-seasoned white sauce. Line pan with buttered bread crumbs. Save some for the top. Alternate sauce and other contents. Bake 20 minutes. Serves 8 or 10.

Mace Alton . . . Omicron

Oyster Pan Roast

1 qt. Olympian oysters
1 lb. butter
1 glass catsup

Cook oysters in butter until they swell in size. Add catsup and seasoning and serve on toast.

Anna May Matheson . . . Beta

Royal Chinook Casserole

2 c. flaked canned or cooked salmon
6 halves of deviled eggs (optional)
1 can cream of mushroom soup (may be diluted with milk)
bread crumbs

Arrange salmon in bottom of greased casserole. Over salmon place deviled eggs. Pour soup over this, and top with bread crumbs. Heat in moderate oven 350 F., about 30 minutes.

May C. P. Zubli . . . Nu

Salmon Souffle

2 T. flour
2 T. butter
salt
¼ t. paprika
1 pt. milk
1 c. stale bread crumbs
3 eggs, beaten
1 t. lemon
1 t. onion, chopped fine
1 t. chopped parsley
1 lb. cooked salmon

Bone and flake the salmon. Mix all the ingredients well together. Put in casserole, then place in pan of water and cook in moderate oven an hour.

Catherine Austin . . . Epsilon

Salmon Timbales

1 can (1 lb.) salmon
1 c. soft bread crumbs
¼ c. milk
seasonings
2 T. butter
1 T. onion
2 eggs

Bone and flake the salmon. Mix with bread crumbs, milk, melted butter, chopped onion, beaten eggs, and seasonings. Bake in buttered custard cups about 30 minutes at 350 F. Unmold and serve hot. Cheese sauce may be served over it.

Florence M. Wood . . . Epsilon

Scalloped Crab

2 c. fresh crab meat
3 hard boiled eggs
2 T. lemon juice
2 T. butter
4 T. grated onion
5 T. flour
2 c. milk
paprika
¼ t. mustard
salt
½ c. mayonnaise

Make a white sauce from butter, flour, milk. Add the grated onion, mustard, salt. Let cool. Add lemon juice and mayonnaise. Add crab and eggs. Put in casserole, sprinkle with cracker crumbs, and bake in 350 F. oven until thoroughly hot and crumbs are brown.

Gladys L. Lees . . . Alpha

Tuna Creole

2 c. flaked tuna
2 T. chopped onion
2 c. tomato sauce
cayenne
wheat hearts (or corn meal)

TOMATO SAUCE

4 T. butter
4 T. flour
1 c. tomato puree
1 c. soup stock or bouillon
1 t. sugar
1 t. salt

First make tomato sauce: Melt butter, add flour, stirring constantly, and cook until it bubbles. Add tomato puree, soup stock, and seasoning. Cook until thick and smooth.

Mix tuna, onion, tomato sauce, and cayenne to taste. Pour into a greased casserole dish. Sprinkle top liberally with uncooked wheat hearts (or corn meal). Bake in a moderately hot oven, 400 F., for 30 minutes.

Serves 6.

Helen Corbett . . . Beta

helpful hints

BETTER METHODS

Add a bit of baking powder to mashed potatoes to make them fluffy and light.

Apple sauce flavored with vanilla is anyone's delight.

While peanut butter mixed with mayonnaise—makes a fruit salad you'll remember for days.

Rachel Ash . . . Gamma

BUTTER SAVER

1 lb. butter makes 2 pounds

envelope Knox Gelatine
1 lb. butter
¼ c. cold water
1 14½ oz. can evaporated milk

Soften gelatine in ¼ c. cold water. Place in dish of hot water. Stir until gelatine is thoroughly dissolved. Cut butter into small pieces. Place in dish over hot water until butter is quite soft. Gradually whip milk and dissolved gelatine into butter. After milk is thoroughly beaten into butter, add salt to taste. If milk separates, keep on beating until all mixed in. Pack into dish. Put in cool place until hard. Coloring may be added.

Fresh milk may be substituted for evaporated. 1 pt. milk (preferably top half of quart bottle). Soften gelatine in ¼ c. milk taken from the pint.

Helen Rude . . . Beta

BUTTER STRETCHER

½ lb. butter
½ pt. light cream
1 egg
fg salt

Soften butter, heat cream to body temperature (not hot). Beat butter to a cream, drop in whole egg and beat again. Add warmed cream, a little at a time and keep beating. Chill.

Helen Rude . . . Beta

SUGAR SUBSTITUTES

For 1 c. granulated sugar:

1. Use ½ c. syrup and ½ c. granulated sugar. Reduce liquid in recipe by 2 T. Add syrup to creamed shortening and sugar mixture. Proceed as usual.
2. Use ½ c. honey, molasses or sorghum and ½ c. sugar. Reduce liquid in recipe by 2 T. Method same as 1.
3. Use 1 c. brown or maple sugar, firmly packed. Method remains same.
4. Use ½ c. corn syrup. (Method as recipe indicates.)

Unsigned

THICKENING

Mix flour with lukewarm water to avoid lumps when mixing thickening for gravies.

Pearl A. Wanamaker . . . Delta

A TEA SUGGESTION

Make tiny cream puff shells. Use any recipe for cream puffs omitting the sugar. These shells, filled with either chicken or shrimp salad, make a good substitute for the usual tea sandwiches.

Anna E. Watson . . . Nu

WHEN YOU HAVE LESS THAN AN HOUR TO GET DINNER

Beets

Peel 6 medium beets and slice paper thin. Add ¾ cups of water and ¼ cup vinegar, 1 teaspoon sugar, ½ teaspoon salt, and 2 cloves. Cook 40 minutes. Don't pour off any juice. If any remains—at the end of 40 minutes, turn up the heat and boil furiously for 2 or 3 minutes.

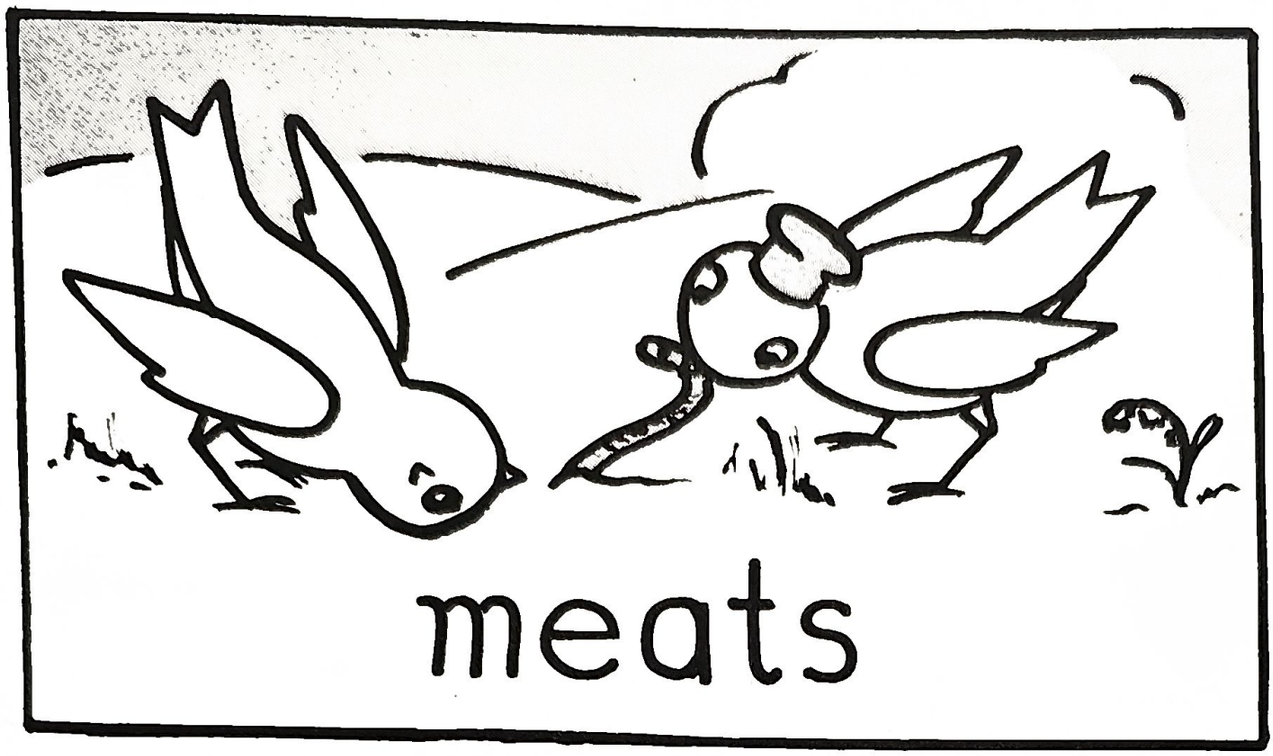
Carrots

Grate up 6 carrots. Add ½ cup water, 1 teaspoon sugar and ½ teaspoon salt. Cook 20 minutes.

Cabbage

Grate cabbage, add a scant amount of water, salt to taste, add teaspoon of drippings, and boil hard for 15 minutes.

Robbie Goss . . . Nu



meats

Baked Ham with Orange Sauce

Slice of ham, 1 inch thick
2 T. sugar
½ c. apple sauce
salt and paprika
½ c. chili sauce
2 T. currant jelly
1 orange, pulp, juice and grated rind

Caramelize sugar. Add apple sauce, chili sauce, jelly, salt and paprika. Cook until mixture is well blended. Add orange juice, pulp and rind. Do not overcook. Pour orange sauce over ham slice and bake in pre-heated roaster 1½ hours at 350 F.

Hazel Bard . . . Omicron

Barbecued Spareribs

3 or 4 lbs. spareribs
1 diced onion
2 T. vinegar
1 small bottle catsup
1 t. Worcestershire sauce
½ t. mustard
4 T. lemon juice
1 T. butter
2 T. brown sugar
1 c. chopped celery
½ c. water
salt and pepper

Cut spareribs into sections for serving and brown under broiler. Prepare barbecue sauce, cover meat, and bake 45 min. in 350 F. oven.

To prepare sauce, brown onion in butter, add remaining ingredients and simmer until thick.

Jean Phillipi . . . Omicron

Beef Chop Suey

1 lb. round steak (ground fine)
3 medium onions
2 c. tomatoes (cooked)
6 stalks celery chopped fine
1 pt. kidney beans (cooked)

Brown the onions. Put in the ground round steak and let cook for a few minutes. Add the tomatoes and the chopped celery, adding water, if necessary. Cook 20 minutes. Add the cooked kidney beans. Season with salt and pepper to taste. Let cook for 30 or 40 minutes until everything is well blended together. Add thickening, if too thin.

Delicious on a cold winter day or for a picnic. Serves six.

Mary F. Carter . . . Gamma

Bologna Cups with Potato Salad

6 large slices bologna (with casing left on)
2 c. cold, cooked potatoes
2 sweet pickles
1 hard cooked egg
1 T. chopped onion
2 T. vinegar
2 T. salad dressing

Make a potato salad and heat in top of double boiler. Bologna should be sliced straight across sausage—not too thinly. Leave casing on. Place in frying pan and heat gradually. Edges will curl up to form cup.

Fill cups with hot salad. Garnish with crisp parsley, paprika, etc. Serves six.

Marjorie Pidduck . . . Beta

Casserole of Pork Chops

4 pork chops, 1 inch thick
1 T. fat
4 slices onion
4 T. uncooked rice
½ t. sage
2½ c. canned tomatoes
flour, salt, pepper

Sprinkle chops with flour, salt, and pepper. Brown in fat. Remove to casserole and place on each chop 1 slice onion and 1 T. rice, washed and drained. Season with salt, pepper and sage. Pour tomatoes over and around chops. Cover and bake in moderate oven 1½ to 2 hours. Serves 4.

This dish when served with salad and a drink,
Makes a very adequate meal, don't you think?

Rachel Ash . . . Gamma

Chicken Almond

1 4-lb. stewing chicken
¼ lb. fresh mushrooms sauted
½ lb. blanched almonds, browned in oil or butter
1 7-oz. pkg. egg noodles, cooked in broth
3 cups thin white sauce, made with broth, not milk
½ cup fine, buttered crumbs

Simmer chicken until tender in salted water with a stalk of celery and an onion. Remove from bones. Strain broth. Place alternate layers of noodles, chicken, mushrooms, and almonds in a casserole. Cover with the sauce well seasoned, and top the dish with crumbs. Bake for an hour at 350 F.

Peanuts may be substituted for the almonds.

Ruth Susman . . . Lambda

Chicken Loaf

4 c. chicken (cooked and cut or ground)
2 T. chopped pimentoes
4 eggs
1 t. salt
¼ t. paprika
⅓ t. pepper
⅓ t. celery salt
2 T. minced onions
1 c. fine bread crumbs
Chicken broth to moisten

Mix and let blend for 1 hour. Bake in dish of water, in hot oven—about 1 hour. Serve with mushroom sauce. Serves 8 to 10.

Ella L. Allen . . . Kappa

Chicken Mousse

1 T. gelatine
2 T. cold water
3 egg yolks
1½ c. chicken broth
2 c. cooked chicken (cut)
½ c. blanched almonds
2 T. pimento
1 small can mushrooms
1 c. cream
mayonnaise

Soak gelatine in cold water for 5 minutes. Beat egg yolks slightly and add chicken broth. Cook in double boiler until mixture coats spoon. Add gelatine, salt and let cool. Add 2 cups chicken chopped, almonds, pimento, mushrooms and ½ c. cream (whipped). Pour into mold and chill. Unmold on lettuce; garnish with tomato or water cress. Serve with dressing of ½ mayonnaise, ½ cream.

Dorothy Currie . . . Gamma

Danish Meat Loaf

1 lb. ground round steak
½ lb. ground pork
1 egg
2 T. chopped onion
3 slices whole wheat bread
1 t. salt
½ t. nutmeg
⅓ t. pepper
⅓ t. allspice

Mix above ingredients thoroughly. Add last of all the bread which has been moistened with water and shredded. Place mixture in loaf pan and bake in moderate oven (375 F.) 1¼ hours. Serves 6 to 8.

Gladys Sorenson . . . Epsilon

Economy Meat Loaf

1 lb. meat (beef)
1¼ c. quaker oats
2 t. salt
½ t. celery salt
¼ t. black pepper
1 egg well beaten
1¼ c. milk
⅓ c. catsup
2 t. chopped onion

Bake in moderate oven 350 F. one hour.

Viletta Guthrie . . . Zeta

Filipino Roast

1½ ground round steak
½ lb. ground lean pork
1 green pepper
1 small onion
1 c. soft bread crumbs
1 egg
1½ t. salt
¼ t. pepper
3 thin slices bacon
2 c. canned tomatoes

Combine meat, onion, green pepper, bread, salt, pepper, and egg (beaten slightly). Form into a roll and place in roasting pan. Lay bacon over top, and pour the tomatoes over and around the roll. Bake for 1½ hours. Remove meat to hot platter and serve with gravy made from juices in pan.

Mildred Watkins . . . Iota

French Ragout

2 lb. breast of veal (oxtail or chicken)
2 good sized onions (2 c.)
2 whole divisions of garlic
¼ t. curry powder
½ t. thyme
¼ lb. Canadian style bacon (other if desired)
1 can tomato soup
1 T. salt
¼ can mushrooms (¼ lb. fresh)
3 c. water
2 T. sherry
2 T. chicken fat, butter, broil
1 c. diced carrots
1 c. diced potatoes
1 can peas

Cut onions fine and squash garlic. Cut bones from veal and boil separately. (Add stock to ragout). Cube and flour veal, brown over hot fire in the fat, along with the bacon, onions, and garlic until all is a rich brown. Add to water the curry, thyme, tomato soup, sherry, and stir. Cook slowly for 1½ hours, stirring occasionally. Add potatoes and carrots in plenty of time to cook thoroughly. Add peas about 15 minutes before all is done. This reheats nicely.

Edith Wise . . . Kappa

Individual Meat Loaf

1½ lbs. pork sausage
1½ lbs. ground beef
1 large green pepper
1 onion
½ c. tomato
½ c. bread crumbs
½ c. milk
1 egg
salt and pepper to taste
1 c. tomato juice

Make in small loaves. Brown in oven then pour over this, 1 c. tomato juice. Makes 18 individual loaves. 350 F. oven.

Mrs. Vivian Lennington . . . Theta

Jellied Veal

Cut a knuckle of veal in pieces. Boil in kettle with as little water as possible until meat will slip from bone. Cut in small pieces or chop. Season with salt, pepper, and sage or any desired herb. Add to broth one T. gelatine dissolved in cold water. Boil, add to chopped meat, and stir until quite thick. Mold.

Slice when molded.

Mrs. Maurietta Bunn . . . Kappa

Lamb Roast

1 leg of lamb
1 clove garlic
1 small bottle tomato catsup
salt and cayenne pepper to taste
1 c. vinegar
1 c. water

Rub lamb well with salt and cayenne pepper. Pour over the roast the catsup, vinegar, water, and garlic. Bake in 350 F. oven 1½ to 2 hours. Add water as needed to keep gravy at right consistency. Thicken gravy with flour before serving if necessary. Serves 6.

Rosanna Davis . . . Omicron

Liver Loaf

(low in points)

1 lb. liver
1 large or 2 medium onions
8 T. bacon drippings
½ c. white corn meal
salt, pepper, sage

Cover liver with cold water. Boil slowly until liver is easily broken by fork. Add onion soon after boiling process begins. Mash liver with potato masher or put through grinder. Add drippings, seasoning and boil again. Add corn meal stirring all the time to prevent lumping. Have fire very low to prevent sticking on bottom.

Turn into greased casserole. Sprinkle with fine crumbs, dots of bacon fat if desired and black pepper. Allow to brown. This goes well with an oven-baked dinner and is low in points.

Louise Clement . . . Nu

Liver Roulard

Bacon
liver
salt
onion
1 can tomato sauce
pepper

Place alternately strips of bacon and liver in a casserole. Add salt and pepper. Add one onion and one can tomato sauce. Bake without a cover for 30 minutes. Add 4 peeled and diced potatoes. Put in with the liver, cover and cook until potatoes are done. Serves four.

String beans or spinach are good vegetables to serve with this dish.

Hazel Breaky . . . Lambda

Luncheon Dish

Roll asparagus tips in boiled ham and place under broiler. When browned, pour cream sauce over and serve.

Bessie Carson . . . Kappa

Luncheon Dish

1 lb. link sausage
2 cans undiluted tomato soup
raw sliced potatoes

Fry one pound link sausage. Alternate layers of sliced raw potatoes with the fried link sausage. Pour tomato soup over the mixture and bake in hot oven (400 F.) about an hour or a little longer.

Florence Poole . . . Epsilon

Meat Balls

½ lb. pork, ground
½ lb. beef, ground
2 large potatoes, mashed
2 eggs
1½ c. bread or cracker crumbs
1 c. water
1½ c. milk
1 onion, minced
1 green pepper, chopped
1 c. cream

Grind meat, add other ingredients, salt and pepper. (Green pepper is optional.)

Mix very well. Roll into balls, roll in flour, fry in butter until brown. Add 1 c. water and bake 1 hour. Add the cream during the last half hour.

Elma Indergaard . . . Gamma

Mock Chicken Legs

¾ lb. pork steak
¾ lb. veal (off leg)
1 egg slightly beaten
1 T. milk
⅓ t. salt and pepper to taste
1½ c. bread crumbs (12 skewers)

Cut meat into 1 inch cubes. Place alternate cubes of pork and veal on skewers, using about 5 or 6 pieces. Beat egg slightly, add milk, salt, and pepper. Dip skewers into egg mixture, then roll in bread crumbs, shape like chicken legs. Brown in fat in frying pan turning as needed for good color. Add fat to pan to prevent burning. Place in clean frying pan, add ¼ c. to ⅓ c. hot water, cover and cook at 300 F. for 1½ to 2 hours. Add hot water as needed. Remove from pan, season. Serve hot or cold. Excellent picnic treat.

Laura Brewitt . . . Beta

Mushroom Veal Loaf

2½ lb. choice veal from round
½ lb. ham
1 t. salt
¼ t. pepper
1 onion
1 egg
6 slices of bacon
4 T. catsup
4 T. prepared horse radish
1 c. bread or cracker crumbs
1 seeded green pepper
1 can mushrooms

Season meat with salt, pepper, catsup, and horseradish. Add bread-crumbs, green pepper and onion (finely chopped), beaten egg, and mushrooms cut in small pieces. Mix this well and place in well oiled tin (4 strips of bacon in bottom). Place other two strips of bacon on top and bake in hot oven for 1¼ hours, basting frequently. Serves 8.

Ruth Clayton . . . Alpha

Pork Steaks with Sweet Potatoes

pork steaks
brown sugar
sweet potatoes
¼ c. hot water
butter

Pare and slice sweet potatoes into a greased casserole. Sprinkle with brown sugar and dot with butter. Brown the pork steaks and place them on top of the potatoes. Rinse the pan in which the steaks were browned with the hot water. Pour over meat and bake in moderate oven (350 F.) until potatoes are done.

Florence E. Wertman . . . Lambda

Shish Kabob (Armenian)

2 lbs. lean lamb
2 medium-sized onions
½ c. salad oil
1 bay leaf
1 t. salt
½ t. thyme
fg. sage
3 peppercorns, crushed
1 c. Sherry (some like red wine instead)

Cut the lamb into cubes about an inch square and put them in an earthen bowl. Run the two onions through the food grinder, using the finest blade. Place the onion pulp in a small muslin sack or a cloth and squeeze the juice onto the meat. Add the oil, bay leaf, and seasonings, working them into the meat. Add the wine and let everything stand—at least overnight. Then spike the meat on skewers (or pieces of wire) and broil to your taste. The tricks of variation on the skewers are interesting and endless. You can alternate pieces of bacon, onion, green peppers, or even very small tomatoes with the lamb.

In Armenia not bread but rice is served with Shish Kabob.

Gertrude Moody . . . Iota

Southern Casserole

6 pork chops
3 large or 4 small cooked sweet potatoes
4 T. brown sugar
prepared mustard
3 or 4 apples
½ t. salt

Dice apples and sweet potatoes. Put in alternate layers in a casserole. On top of last layer sprinkle the brown sugar. Spread both sides pork chops thinly with prepared mustard. Salt and pepper and place in casserole. Cover tightly and bake in moderate oven 1 hour. Remove cover the last half hour to brown the chops.

Mae Burke . . . Alpha

Spanish Meat Balls

1 c. steamed rice
1 T. grated onion
1½ lbs. ground beef
1 can tomato soup or
1½ c. stewed tomatoes
2 T. celery cut fine
1 t. salt
½ can water, if soup is used
⅛ t. pepper

Mix the meat, rice, and seasoning. Shape into small balls and drop into tomato soup to which water, onion and celery have been added. Cook slowly 40 minutes. The meat mixture may be made into patties and browned in a hot skillet, if you like.

Irene Reither . . . Lambda

Spanish Pork Chops

pork chops, 1 inch thick
⅔ c. tomato sauce or catsup
salt
pepper
onion
lemon
water

Sear pork chops on both sides. Salt and pepper. Then place in baking pan. On top of each chop place slice of onion and on top of onion a slice of lemon. Add a little water and let simmer, basting occasionally. Over all pour catsup or tomato sauce. Bake covered in moderate oven 1 hour or until chops are tender. Bake last 15 minutes uncovered. Remove chops and make milk gravy.

Gladys Kincaid . . . Eta

Spareribs

3 lbs. spareribs
3 chopped onions
½ c. catsup
¼ t. tabasco sauce
1 c. water
½ to 1 T. chili powder

Brown spareribs. Then add other ingredients. Bake 2 hours at 375 degrees.

Lillian N. Nelson . . . Kappa

Spiced Pot Roast

3 lb. beef (chuck or rump is best)
2¼ t. salt
¼ t. pepper
¾ c. vinegar
¾ c. water
6 whole cloves
3 bay leaves
¾ c. thinly sliced onion
3 T. fat

Mix together salt and pepper; sprinkle on all sides of meat. Put meat in bowl with a mixture of vinegar, water, whole cloves, bay leaves and onion. Cover and store in refrigerator. When ready to cook, drain, save vinegar mixture. Heat the fat in a heavy skillet; add beef browned on all sides; then add vinegar mixture, cover and cook 2 hours slowly or until tender.

3 c. noodles
8 c. boiling water
2 t. salt

Boil until tender the noodles in boiling water and salt; drain and keep hot. Remove beef to warm platter; arrange noodles around beef.

2 T. flour
2 T. water
1 c. hot milk

Stir into skillet a mixture of flour and water; boil 2 minutes. Then add hot milk, pour over noodles and serve at once. This serves 6.

Edna Knuppe . . . Epsilon
Sponsored by Mrs. Blanche Scoggins . . . Mu

Stuffed Pork Chops

6 thick pork chops in each of which a bit has been cut forming a pocket
12 slices dry bread
1 medium-sized onion (diced)
½ t. sage
salt and pepper

After the bread has been soaked in warm water and the surplus moisture squeezed out, the onion, sage, salt, and pepper are added to the bread and thoroughly mixed. The mixture (or dressing) is stuffed into the pockets of the pork chops after which they are browned in hot grease in a frying pan. The pork chops are then baked in the oven about 375 F. for an hour and one-half.

Christie Fatur . . . Xi

Tallerine

1 small green pepper
1 lb. ground round steak
1 small onion grated
2 c. tomato soup
2 small cans niblet corn
2 c. noodles
1 can olives
1 t. salt
½ t. pepper
1 c. grated cheese

Brown round steak with grated onion and pepper. Cook noodles. Add noodles, soup, corn, olives and cheese to the meat. Pour all of this into a buttered casserole and bake 30 minutes in a 300 F. oven.

Helen Griffith . . . Omicron

Turkey Dressing (Old French Recipe)

¾ lb. butter
1 T. flour
giblets
2 qt. onions
2 lb. sausage meat
3 loaves bread, small
salt, pepper

Brown flour and butter. Add chopped giblets and simmer 15 minutes. Add onions chopped very fine. Simmer 1 hour. Add sausage and cook 15 minutes. Crumble bread and add to mixture. Cook until bread is wet through. Salt, pepper to taste.

Esther Knox . . . Iota

Veal Stew with Rice

2 lb. veal (from the breast)
1 onion
1 clove
2 c. boiling water
1 sliced lemon
1½ t. salt
¼ t. pepper
1 c. stewed tomatoes
boiled or steamed rice

Cut meat in pieces for serving. Trim off some of the fat, melt in pan and add onion finely chopped. Dredge meat lightly with flour, and brown in pan. When meat has browned, add boiling water, clove, lemon, salt, pepper, and tomato. Cover and cook slowly for one hour. Lift out meat, strain liquid, and thicken with flour mixed with a little cold water. Spread the hot rice on a platter and over it pour the meat and gravy.

Pearl Ingalls Danielson . . . Beta

Washington Lunch

¾ lb. flank steak or leftover roast
4 T. Crisco
1 green pepper sliced
1 c. leftover vegetable
1 c. diced celery
8 stuffed olives
3 small onions
1½ t. salt
⅛ t. pepper
1 can tomato soup
4 c. steamed rice

Melt Crisco in skillet. Cut meat in very thin slices, fry rapidly until brown and crisp. Remove meat. Cook onions and peppers until soft. Add tomato soup, meat, celery, seasoning. Simmer slowly until onions and celery are tender. Serve in nest of steamed rice. Garnish with sliced olives. Serves 6 to 8.

Eudora Sawyer . . . Nu

MEAT SUBSTITUTES

Cabbage Bundles

6 cabbage leaves
½ c. ground cooked ham
1¼ c. cooked rice
1 c. cubed Velveeta or American cheese (shredded)
1 egg yolk, beaten
1 T. chopped onion
½ T. chopped green pepper
1 c. tomato sauce or 1 c. thin cream sauce
salt and pepper

Cook the cabbage leaves in boiling salted water until almost tender, drain well. Combine ham, rice, cheese, egg yolk, onion, green pepper, and seasoning to taste. Place a tablespoon of this mixture in the center of each cabbage leaf, and wrap the leaf around it. Place bundles in shallow baking dish and pour over them the tomato sauce or cream sauce.

Bake in moderate oven, 350 F. for 30 minutes. Serves 6.

Mary Beck . . . Epsilon

Cheese Souffle

3 T. tapioca (minute)
1 c. milk
1 c. grated cheese
1 t. salt
3 egg yolks, beaten until thick
3 egg whites, stiff

Cook tapioca and salt with warm milk in double boiler until tapioca is clear. Stir frequently. Add cheese and melt. Cool. Add yolks and mix well. Fold in whites. Bake 50 minutes in moderate oven 350 F. in pan of hot water.

Serves 5 or 6.

Lila Mae Conner . . . Omicron

Cheese Souffle

1 c. milk
1 c. stale bread crumbs
½ c. sharp American cheese, cut in small pieces
¼ t. dry mustard
yolks of 2 eggs
whites of 2 eggs
salt and pepper to taste
2 T. butter

Melt butter, add bread crumbs, milk, cheese, mustard and the beaten egg yolks. Place on fire until cheese is completely melted. Stir frequently. Cool mixture. Add pepper and salt. Pour into buttered baking dish. Beat whites of eggs until stiff, fold into cheese mixture, and bake in medium oven thirty minutes. Serve at once.

Grace E. Miner . . . Lambda

Cheese Souffle with Bread

8 slices buttered bread, diced (or melt same amount butter and pour over)
4 eggs beaten
2½ c. milk
1 lb. sharp cheese shredded
½ t. dry mustard (or spread bread with prepared mustard)
salt and onion juice to taste

Mix all together, bake in buttered casserole in 350 F. oven about 40 minutes.

Serves 8 generously.

Grace Ogrosky . . . Nu

Chicken Souffle

2 c. hot medium white sauce
3 egg yolks
2 c. minced cooked chicken
½ t. finely minced onion
½ t. minced parsley
3 egg whites

Pour hot white sauce on beaten egg yolks, stirring constantly. Cool. Add minced chicken, parsley, and onion. Last of all, fold in beaten egg whites. Pour into greased casserole, set in pan of hot water, and bake in moderate oven of 375 F. for 45 to 50 minutes. Serve with mushroom sauce.

Serves 6.

Nan Jardine . . . Omicron

Corn Souffle

1 can corn
½ t. salt
1 t. sugar
fg. pepper
1 T. butter
2 T. flour
1 green pepper
chopped and cooked
2 eggs, yolks separated
cracker crumbs, butter
1 c. milk

Make a white sauce of the butter, flour and milk. Add the corn and other ingredients. Put cracker crumbs and butter on top. Cook in a moderate oven 35-60 min.

Anna M. Whitney . . . Theta

Creole Chicken

1 chicken, cooked
1½ c. salad macaroni
2 hard-boiled eggs, minced
2 pimentos, diced
fg. salt
1 t. butter
2 c. milk
bread crumbs, buttered

Remove meat from bones and dice. Cook macaroni 20 minutes. Drain. Make a **thick** gravy of broth. Add milk and butter. Combine other ingredients with gravy. Put in shallow glass bake dish. Cover with buttered bread crumbs. Bake in moderate oven about 40 minutes or until top is nicely browned. Cut in squares. Serve on plates. Serves 12.

Mrs. Ollie Cleveland . . . Iota

Foo Young

3 T. shortening
½ c. finely cut onions
½ c. diced celery
4 eggs
½ c. bean sprouts
½ c. nut meats
fg. salt

Melt shortening in a heavy frying pan; saute onion; add diced celery, bean sprouts, nut meats, and salt. Beat eggs until thick; add to vegetables. Let cook until firm and brown, stirring up the center occasionally. Cut into pie-shaped sections; serve immediately on heated plates. Serves 6.

Hanny Holmstrom . . . Epsilon

Goulash

½ lb. noodles
¾ lb. ground beef
1 small onion
1 can tomato soup
1 small can corn

Brown in a small amount of fat the ground beef; add onion cut fine. When brown add can tomato soup, and can corn and combine with cooked noodles. Put in baking dish and bake at 350 F. for 20 minutes. Grated cheese may be sprinkled over the top before baking.

Zula B. Cadzow . . . Zeta

Green Rice

2 c. uncooked rice

Boil in water and cool. Mix rice in order with:

⅔ c. oil
2 eggs beaten
1 c. milk
2 c. grated cheese
1 T. salt
1 c. chopped or ground parsley
2 green onions or 1 small onion
1 small clove of garlic

Bake about 45 minutes in 350 F. oven.

Gertrude B. Ellis . . . Gamma

Ham-Cheese Souffle

½ lb. ham (boiled or baked)
½ lb. cheese
1 cup milk
2 eggs, beaten
6 crackers
1 t. Worcestershire sauce
½ t. baking powder

Grind ham, cheese, and crackers together; add seasoning, milk, and eggs. (Mixture should be like cake batter, adding more milk if necessary.) Stir in baking powder and pour into buttered dish to bake.

Oven temperature 375 F. Bake 30 minutes. Serves 6.

Bertha C. Daggett . . . Kappa

Leftover Louie

1 c. leftover meat or chicken
2 onions (chopped)
1 green pepper (chopped)
1 c. leftover vegetables (beans, corn, peas)
1 c. gravy
1 c. chopped potatoes (cooked sweet potatoes best)

Place onions, pepper, and meat in frying pan. Add enough shortening to prevent sticking. Use lean meat. Cook for 5 or 10 minutes. Add gravy, potatoes and vegetables. Cook until thoroughly hot. Blend well. Serves 6.

Mrs. Dorothy Bennett . . . Delta

Mock Fried Oysters

1 lb. ground round steak
1 c. tomatoes
6 crackers
1 egg

Beat all together. Fry in butter. Serves about 4.

Gertrude Cunningham . . . Alpha

Nut Croquettes

1 c. nut meats, fine
2 T. melted butter
2 T. flour
¼ t. salt
1 c. milk
1 beaten egg
2 c. dried bread crumbs
¼ t. pepper

Melt butter and add flour, salt and pepper. Add milk and bring to boiling point, stirring constantly until thick. Add egg beaten light, bread crumbs, and nut meats. Mix thoroughly and form into croquettes and let cool. Then fry in deep fat (or turn often if fried in shallow fat) after dipping croquettes in egg and bread crumbs. Serve with tomato sauce.

TOMATO SAUCE (with Nut Croquettes)

1 can tomatoes
1 small onion
½ green pepper
2 T. flour
1 bay leaf
celery seed
1 t. salt
pepper
2 T. butter

Cook all together about 20 minutes, strain and thicken with flour mixed smooth with butter.

Sarah Margaret Sloan . . . Theta

Nut Loaf

1 c. spaghetti
1 finely chopped onion
1 c. cheese
1 c. walnuts
1 c. milk
3 eggs beaten well
salt and pepper
fg. of mustard

Boil spaghetti and onion together until spaghetti is tender. Grind cheese and walnuts together. Bake in greased pan one hour in 350 F. oven.

Christine Hyslop . . . Beta

Rice and Chicken Casserole

2 c. cooked rice
½ c. milk
½ c. butter or cream
1 onion (medium)
1 c. chopped parsley
1 c. grated cheese
salt and pepper
2 eggs (beat separately)

Mix all ingredients together—add well-beaten egg whites **last.** Turn into a buttered baking dish (lightly rubbed with garlic if wished). Cook in a 350 F. oven about 45 minutes. Cut in squares, pour sauce over it and serve.

SAUCE FOR RICE DISH

2 or 3 c. diced chicken
1 pt. mushrooms
green pepper
chicken broth
egg yolk (if preferred)

Add chicken broth to diced chicken, simmer with finely chopped green pepper a few minutes. Add 1 pt. (or less) mushrooms and juice. Thicken slightly. Beaten egg yolk added to this will make it fluffy.

Marjorie Seymour . . . Omicron

Squash Souffle

3 c. mashed squash
1 T. butter
½ t. salt
2 egg yolks
2 egg whites
fg. pepper

Cook and mash squash. While still warm, add to 3 c. of squash the salt, pepper, butter, and egg yolks. Beat. Fold in stiffly beaten egg whites and place in buttered baking dish, set in hot water. Bake 45 minutes at 350 F. Test with knife which should come out clear.

Lena Wilson . . . Omicron

Stuffed Meat Balls with Vegetables

Bread Stuffing
2 c. soft bread crumbs
2 T. chopped onion
¼ t. salt
pepper
2 T. milk
¼ c. butter, melted

Meat
1 lb. ground round steak
1 t. salt
pepper
1 egg
1 can prepared vegetable soup

Divide the meat mixture into 8 even parts and roll each into a ball. Shape each ball in a flat, round cake and place a portion of dressing in the center of each. Pull meat up around dressing and press edges together. Brown in fat in a skillet. Add soup and simmer 20 minutes with cover over skillet. Remove cover and continue cooking for 10 minutes to thicken sauce.

Serves 4.

Frances Allen Campbell . . . Zeta

Tamale Loaf

¾ T. melted shortening
3 T. butter
2 onions, chopped
2 or 3 whole cloves

Mix together and cook 10 minutes. Then add:

1 can cream corn
1 can tomatoes
2 t. chili powder

Continue cooking.

Mix together:

3 eggs
1 c. milk
1½ c. cornmeal
salt

Add this to cooked mixture. Then add

2 c. diced meat
1 c. ripe olives

Bake ¾ hour. This may be prepared to bake the day before if desired. Keep in refrigerator and bake before serving.

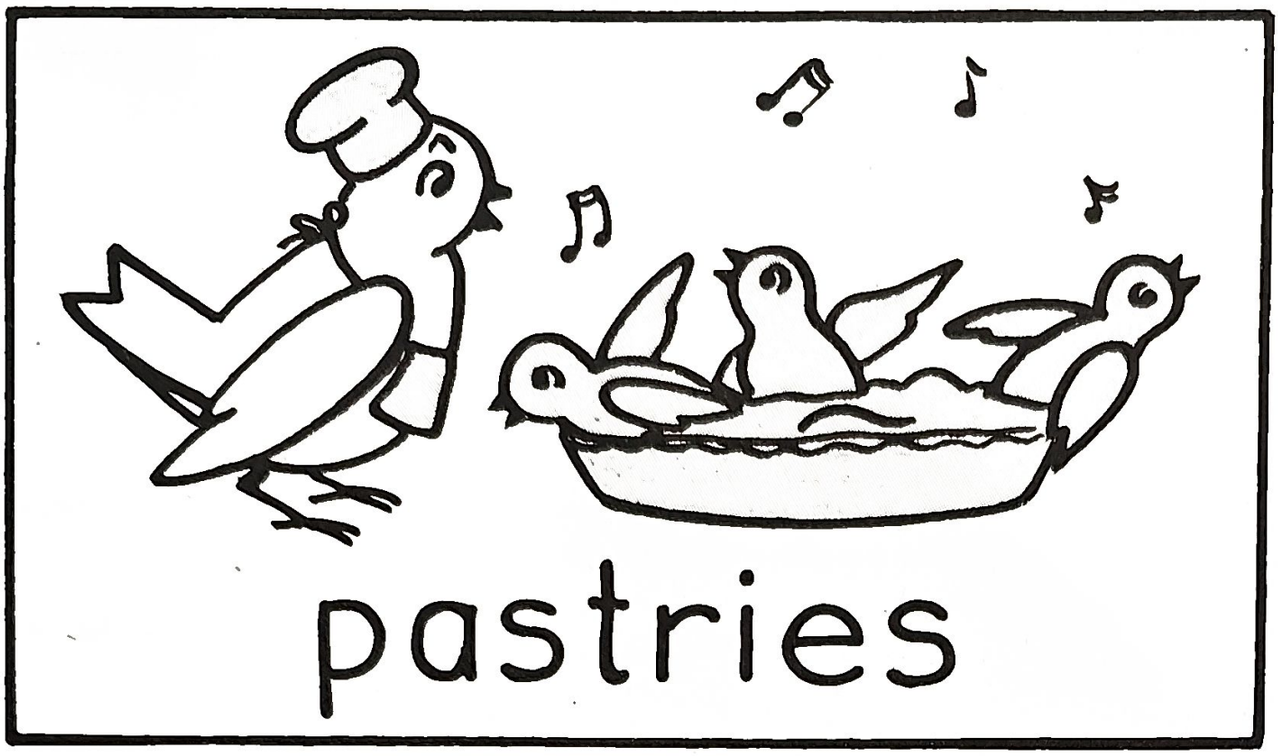
Vina Leahy . . . Zeta

Tongue Casserole

2 c. cooked diced tongue
2 c. medium white sauce
1 c. cooked peas
grated cheese

Combine peas, tongue and white sauce. Place in greased casserole. Top with grated cheese. Bake in 350 F. oven for 30 minutes. Serves 4.

Maybelle Jackson . . . Gamma
Sponsored by Muriel Crumlin . . . Eta



pastries

Black Bottom Pie

Crust:

1½ c. finely rolled gingersnaps **⅓ c. melted butter**

Mix together and pat to ¼ in. thickness in a pie pan. Chill while preparing filling.

Filling:

2 c. top milk
1 c. sugar
4 egg yolks
1¼ T. cornstarch
1 T. Knox gelatine (unsweetened)
1 T. rum flavoring
¼ c. cold water
1½ sq. Baker chocolate
1 t. vanilla
4 egg whites
¼ t. cream tartar

Soak gelatin in cold water 5 minutes. Scald milk in double boiler and add ½ c. sugar, egg yolks, and cornstarch, which have been mixed together. Stir constantly until thick. Remove from fire and add gelatin, stirring until well mixed. Take out 1 c. of this mixture and add melted chocolate and vanilla. Chill until syrupy and pour into chilled crust. Chill remaining mixture. Beat egg whites stiff, but not dry (with cream of tartar). Add ½ c. sugar gradually and beat until thick. Fold into chilled mixture with rum flavoring and pour over chocolate mixture. Top with one cup cream whipped, and sweetened with 2 T. sugar. Sprinkle top with ½ square of shaved chocolate.

Edna Sterling . . . Beta

Black Cherry Cream Pie

1 lb. black cherries
1 c. sugar, or Karo to taste
1 c. cold water
1 pt. whipping cream
2 T. cornstarch, or 1 each of corn starch corn starch

Boil cherries in sugar and water about 12 minutes, or until tender. Strain off juice. Cook juice in pan with cornstarch which has been mixed with ¼ c. cold water. Stir, bring to boil, and let simmer while removing cherry stones carefully. Pour hot syrup over cherries, cool, and place in refrigerator. Whip cream, and when ready to serve, fill pie shells with whipped cream. Spread ice cold cherries over top.

Note: Since whipping cream is not available, use top cream and Whip Aid.

Edith Wise . . . Kappa
Sponsored by Rosemarie Chabert . . . Theta

Butterscotch Pie

¾ c. brown sugar
2 T. flour
1 T. cornstarch
2 c. hot milk
1 egg yolk
1 T. butter
1 t. vanilla
Meringue
1 T. sugar

Heat milk and stir in other ingredients. Mix well and cook until thick. Use a double boiler. Make meringue by beating egg white stiff and adding 1 to 2 t. of sugar and 1 t. of vanilla. When ingredients are thick pour into a baked pastry shell.

Pile meringue on top.

L. Agnes Dunn . . . Epsilon

Cheese Pie

1 c. sugar
½ c. butter
1 c. dates
1 c. nuts
½ c. grated coconut
3 eggs
½ t. cinnamon
½ t. nutmeg
2 t. vinegar

Beat butter, sugar and eggs together until fluffy. Add spices, vinegar and fruits. Turn into pastry-lined tins and bake 30 minutes in 450 F. oven.

Sadie S. Kinzie . . . Alpha

Cheese Pie Crust

¼ lb. butter or shortening
1 c. flour
1 cake of Philadelphia Cream cheese

Mix as for regular pie crust. No water is needed. Roll out and line pie tins. Can be used for apple or other fruit pies. Can be baked and used for cream fillings.

Helen G. Andres . . . Alpha

Date Pie

3 egg whites
1 c. granulated sugar
¾ c. white cracker crumbs
½ c. dates
½ c. nut meats

Beat whites stiff and fold in sugar. Add cracker crumbs, dates and nut meats. Pour mixture into a greased pie pan and bake until brown about 20 minutes at 325 F. Serve with or without whipped cream. Serves 6.

Genevieve Huschke . . . Epsilon

French Apple Pie (10 inch)

6 apples
2 T. white sugar
½ t. cinnamon
2 T. lemon juice
½ c. brown sugar
½ c. flour
2 T. butter
½ c. nut meats, cut fine

Line a pan with pie crust. Slice apples in 8th's or 16th's and arrange in straight rows. Sprinkle with white sugar, lemon juice and cinnamon. Mix brown sugar, flour, butter, and nut meats. Cover the apples with this mixture and bake about one hour at 400 F. Serves 6.

Edna Sterling . . . Beta
Sponsored by Pearl Merriman . . . Lambda

Peach Chiffon Pie

1½ c. sliced fresh peaches
¾ c. sugar
1 T. gelatin
¼ c. cold water
½ c. boiling water
2 egg whites
½ c. whipping cream
1 T. lemon juice
⅓ t. salt
1 corn flakes pie crust

Peel and slice peaches. Sprinkle peaches with sugar and stand 10 minutes. Soak gelatin in cold water; dissolve in hot water and add lemon juice; add to peaches. Chill. Then add whipped cream and beaten eggwhite and salt.

Pour into pie shell and let stand in refrigerator.

Corn flake crumb crust:

4 c. corn flakes
¼ c. sugar
⅓ c. melted butter

Roll corn flakes into fine crumbs. Combine with butter and sugar and mix thoroughly. Press mixture evenly and firmly around the sides and bottom of pie shell. Chill before adding the filling.

Estella Kyne . . . .Zeta

Pumpkin Pie

¾ c. sugar
2 T. corn starch
½ t. cinnamon
¼ t. ginger
¼ t. cloves
½ t. salt
1 c. pumpkin
2 c. Pet milk

Mix sugar, cornstarch, spices, and salt. Add pumpkin and Pet milk. Cook in a double boiler 20 minutes. Add 2 slightly beaten egg yolks. Cook 2 minutes longer. Cool before putting into baked pie shell. Top with meringue or whipped cream.

Dorothy Stoll . . . Epsilon
Sponsored by Hallie Dimmick . . . Epsilon

Rhubarb Pie

2 T. corn starch
1 c. sugar
grated rind one orange
1 c. finely chopped rhubarb
1 c. boiling water
¼ t. salt
1 T. butter
3 eggs
½ c. sugar

Mix and sift corn starch, one c. sugar and salt. Add water and stir constantly until boiling point is reached. Add grated orange rind, rhubarb, butter, beaten egg yolks. Turn mixture into pastry-lined pie plate. Bake 30 minutes in medium oven. Cool slightly. Beat egg whites stiff, add ½ c. sugar. Pile meringue over pie and brown in oven.

Mrs. Mirriel Huntington . . . Epsilon

Sour-Cream Pie

½ pkg. raisins
1 c. sugar
1 c. sour cream
fg. of salt
1/16 t. cloves
fg. nutmeg, all-spice

Cook raisins until tender, drain, add beaten egg, sugar, and sour cream. Beat well together. Add spices. Put in crust. Bake from 25 to 30 minutes.

Marion Asher . . . Zeta

Swiss Apple Pie

2 c. chopped apples
¾ c. sugar
½ t. nutmeg
¾ t. cinnamon
½ t. salt
2 slightly beaten eggs
1 c. condensed milk

Pour into pan lined with unbaked pastry shell and bake 15 minutes at 450 F. Then reduce heat to 350 F. Bake until firm (about 35 minutes).

Eva E. Wakelee . . . Alpha

Walnut Pie

4 egg whites beaten stiff
1 c. sugar gradually mixed in
½ t. salt
1 t. cream of tartar
½ c. walnuts chopped fine
½ c. soda crackers finely crushed

Bake 40 minutes in 325 F. oven. Top with ½ pt. whipped cream and shredded coconut.

Edith Shields . . . Beta

Washington Nut Pie

3 whole eggs, well beaten
½ c. white sugar
1 c. white Karo
salt
1 c. chopped nut meats
4 T. melted butter

Bake ¾ hour in an unbaked pie crust.

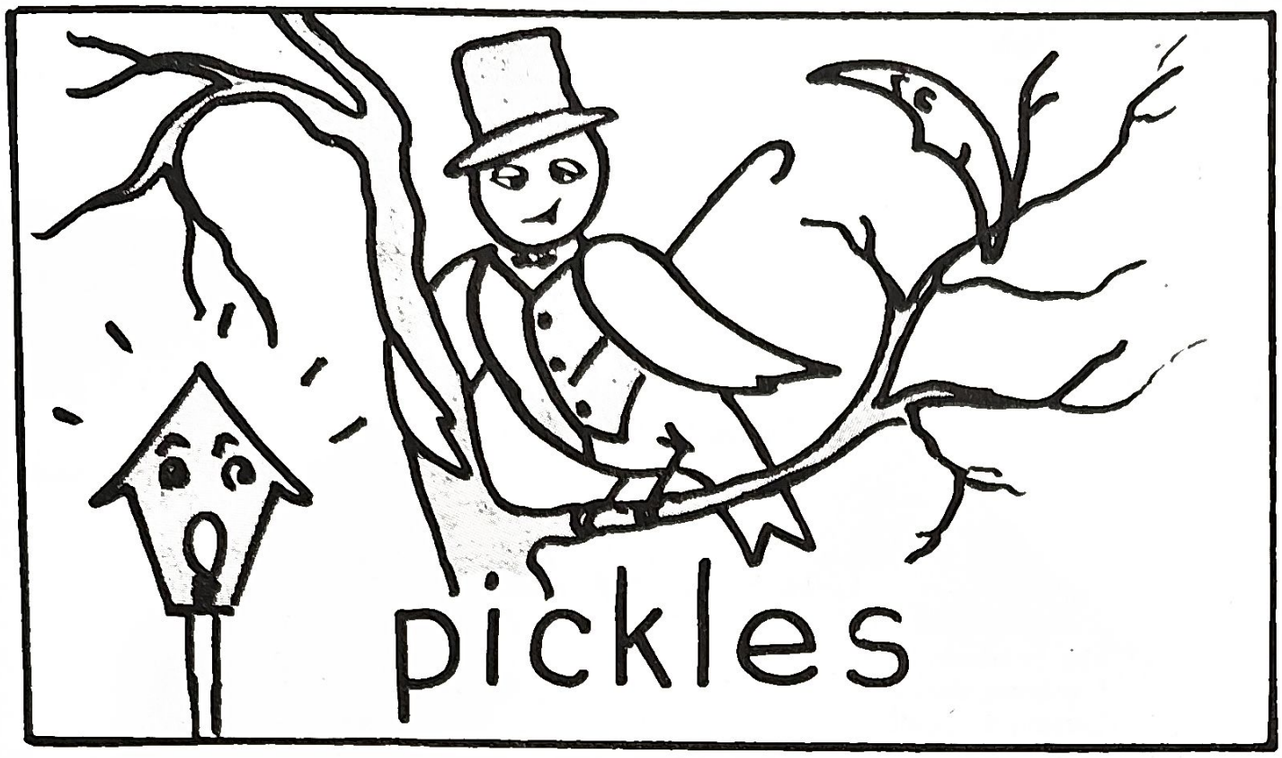
Velva M. Graves . . . Zeta

Whole Wheat Pie Crust

1 c. Snowdrift or similar shortening
½ c. boiling water
2 c. whole wheat flour
salt

Pour boiling water over shortening and blend well. Add gradually the flour and salt. Put on ice fifteen minutes before rolling. Delicious for berry pies.

Evelyn Brennan . . . Omicron



Chili Sauce

12 ripe tomatoes
8 onions
8 apples
2 red peppers
1 lb. sugar
1 T. salt
1 T. ginger
vinegar to cover

Chop ingredients, mix, cook one hour and seal while hot.

Rachel Shephard . . . Omicron

Chili Sauce Relish

25 medium tomatoes
8 onions, medium to large
8 peppers (4 green, 4 red)
. . . . . .
4 c. vinegar
4 c. sugar
1 T. cinnamon
1 t. ground cloves
1 t. red pepper
3 T. salt

Chop the first three ingredients fine. Add other ingredients. Boil. Makes 10 pints.

Della Marshall . . . Iota

Chow Chow

½ gal. green tomatoes
1 gal. bleached cabbage
1 pt. sweet peppers (green or red)
1 large bunch celery
1 pkg. white mustard seed
2 T. celery seed
2 T. whole allspice
1 T. whole cloves
1 pt. onions
2 T. celery seed
2 lb. brown sugar
vinegar
2 sticks cinnamon bark
salt

Put vegetables through food chopper. Then put it in large crock, mixed well with coarse salt. Let stand over night. Next morning squeeze dry with hands, discarding juice. Put it in a porcelain pan and cover with best vinegar. Add brown sugar, mustard seed which has been soaked in cold water, celery seed. Tie broken sticks of cinnamon and other spices in muslin bag and cook with chow chow slowly 2 hours. Stir often to prevent scorching. Seal in pint jars.

Charlotte Miles . . . Omicron

Cranberry Orange Relish

(no cooking)

1 lb. or 4 c. cranberries
2 oranges
2 c. sugar

Put cranberries through a food chopper. Peel oranges, remove seeds and put rind and oranges through food chopper. Mix with cranberries and sugar. Let stand for a few hours before serving. Put up for future use in sterilized jars.

Edith McLachlan . . . Lambda

Cranberry Relish

1½ c. whole berries
1 orange rind
1 orange, small
⅞ c. sugar
2 stalks celery
2 apples
nuts if desired

This mixture may be served as above or set in jello, using:

1 pkg. cherry jello
1¼ c. water

Gertrude Bonar . . . Lambda

Dill Pickles

1 qt. dill-size cucumbers
1½ T. salt
½ c. vinegar
1 stalk dill
1 clove garlic

Soak cucumbers overnight. Pack jar with pickles and dill. Add salt and garlic cut fine. Add vinegar and fill the jar with cold water. Seal.

Florence J. Post . . . Alpha

Dill Pickles (Fool Proof)

Pack pickles in quart jars with a sprig of dill. (You may add 1 clove of garlic if desired.)

Boil together

1 c. vinegar
¼ c. salt
2 c. water

Pour over pickles and seal.

Hannah Jones . . . Beta
Sponsored by Dora Craig . . . Beta

Green Tomato Chowder

20 green tomatoes
8 large onions
8 large apples
1 red pepper
2 green peppers
5 c. sugar
5 c. vinegar
3 T. salt
1 T. celery seed
1 t. pepper
1 t. cinnamon
1 t. cloves
1 t. tumeric

Put tomatoes, onions, apples, and peppers through food chopper. Add the rest. Boil ½ hour. Seal hot.

Ethel Johnson . . . Mu

Green Tomato Pickles

4 c. sugar
1 qt. vinegar
1 oz. cinnamon bark
a few cloves
green tomatoes, small

Bring vinegar, sugar and spices to a boil. Place small, round green tomatoes in jars. Pour hot syrup over them and seal.

Ethel Dunkerly . . . Alpha

Green Tomato Pickles

20 lb. green tomatoes
½ c. coarse salt
2 qt. water
6 lb. small onions
2 qt. vinegar
8 c. sugar
2 2-oz. pkg. of pickling spices

Soak tomatoes in salt water over night. Rinse and drain. Slice onions. Cook vinegar, sugar and spices 15 minutes. Add tomatoes and onions; cook 15 minutes. Seal in hot sterilized jars. Makes 10 pts.

Rose Palo . . . Alpha

Ice Box Pickles

6 or 7 dill pickles
2 c. sugar
3 T. pickling spices
3 T. white vinegar
1 clove garlic cut in chunks

Put in jar and seal. Serve after 12 hours.

Harriet Hubbart . . . Kappa

Olive Oil Pickles

small cucumbers
1 t. white mustard seed
1 t. salad oil
1 t. celery seed
salt
vinegar

Slice small cucumbers thin and let stand in salt for three hours. Drain and put in stone jar with the 1 t. mustard seed, 1 t. celery seed, 1 t. salad oil, repeating these layers until the jar is full. Then cover all with vinegar.

Mary Bond Lash . . . Lambda
Sponsored by Bernice Dahl . . . Beta

Pepper Hash

1 dozen green peppers
1 dozen red peppers
3 chili peppers
15 onions
2 c. sugar
1 qt. vinegar
2 t. cinnamon
3 T. salt

Grind up peppers and onions. Pour on boiling water. Let stand 15 minutes. Drain. Pour on boiling water again. Let stand 15 minutes. Drain. Mix seasoning with the peppers and onions. Cook 15 minutes. Put in jars.

Dorothea Jackson . . . Omicron

Pickled Peaches

7 lb. freestone peaches
5 lb. sugar
1 pt. vinegar
1 oz. cinnamon stick

Wash peaches, place in stone jar. Pour over sugar, vinegar, and cinnamon stick. Cover with plate. Bake 1 hour from the time the liquid reaches the boiling point. Remove from oven. Place jar in cool place for storage, with adequate covering to keep out dust. These do not need to be sealed. They will keep indefinitely in an unsealed jar.

Caution must be used in packing raw peaches into the stone jar for baking, that the jar is filled to about ⅔ of the distance to the top. Otherwise a jar too full will run over.

When peaches are needed for serving, slip skins off before taking to table.

Ada Daugherty . . . Epsilon

Plum Catsup

2 qt. plums
mild vinegar to cover
1 c. sugar
1 T. cinnamon
1 T. allspice
¼ t. cayenne
1 T. cloves

Cook fruit in vinegar until soft. Rub through sieve, add sugar and spices. Cook until thick like ordinary tomato catsup. Pour into sterilized jars and seal.

Fern Cousineau Duncan. . . . Zeta

Relish

2 qt. ripe, firm tomatoes
2 green peppers
3 red peppers
2 c. onions
2 c. celery
¼ c. salt
2 c. sugar (scant)
2 c. vinegar
½ pkg. white mustard seed

Grind tomatoes, peppers and onions. Chop the celery. Stir, and add salt. Let stand over night. Drain well. Add sugar, vinegar, and mustard seed. Do not cook or seal. Keep in cool place.

Ethelyn G. Partridge . . . Alpha

Relish

12 red peppers
12 green peppers
2 large onions
1 T. salt
3 c. vinegar
2 c. sugar

Put peppers and onions through food chopper. Add salt and cover with boiling water. Let stand 5 minutes. Drain.

Bring vinegar and sugar to boiling point, and add peppers and onions. Let simmer slowly for 15 minutes.

Makes 5 or 6 pts.

Stella Riese . . . Beta

Sliced Bread and Butter Pickles

3 qt. cucumbers sliced thin
½ c. salt
½ doz. onions sliced thin

Let stand over night and drain in the morning.

1 qt. vinegar
1 t. pepper
1 t. celery seed
2 c. sugar
2 t. mustard seed
1 t. tumeric powder

Heat the vinegar, spices (whole) and sugar. Put in the pickles and cook for 10 minutes. Seal in hot jars.

Serena Armentrout . . . Iota

Sweet Pickles

14 medium cucumbers

Cover with boiling water for four mornings. On the fourth morning drain, and slice ½ inch thick.

Cover sliced cucumbers for three mornings with hot syrup. (Reheat same each time.)

Syrup

1 qt. vinegar
½ pkg. or ⅓ c. pickling spice
8 c. sugar
2 T. salt

The fourth morning bring syrup to boil. Drop in cucumbers, bring to simmer and seal. These pickles will be very crisp.

Florence Pope . . . Epsilon

2-4-6 Relish

2 onions
4 apples
6 dill pickles
½ c. vinegar
1 c. sugar

Put onions, apples, dill pickles through food chopper. Add vinegar and sugar. Ready for use in a few hours.

Eva B. McDonald . . . Alpha

Uncooked Chutney

12 ripe tomatoes
6 medium-sized onions
2 lbs. raisins
3 red peppers
12 tart apples, peeled and cored
2 heads celery

Chop fine and put in stone jar. Add 1 T. mustard seed, 4 cups brown sugar and 3 pts. of cider that has been boiled and cooled. Stir each morning for 5 days.

Mrs. Berenice Potts . . . Alpha

Watermelon Rind Pickles

5 c. rind
1¾ c. sugar
½ c. white vinegar
⅛ t. oil of cloves
¼ t. oil of cinnamon

After cutting off green and pink part of rind, cut in 1 inch cubes. Parboil in hot water until a fork will pierce them. Drain, then cover with this hot syrup. Let stand over night. Drain. Reheat syrup, and pour over rind again. The third morning heat both syrup and rind and seal. Cubes will be clear and transparent.

Olga L. Morsen . . . Beta

Amber Marmalade

1 medium-sized grapefruit (use pulp only)
1 orange, thinly sliced peeling used
1 lemon thinly sliced peeling used
1 small can of sliced pineapple cut in cubes

Measure fruit. Add equal amounts of granulated sugar. Add three times as much cold water to mixture as the fruit and sugar equals. Let stand for 12 hours or over night. Cook for 15 minutes after boiling point has been reached. Let stand again for 12 hours. Cook over hot fire to desired thickness. Fill sterilized containers and seal.

Margaret J. Thomas . . . Beta

Apricot Jelly

1 can of apricots
¾ c. sugar
2 T. lemon juice
2 T. of granulated gelatine
½ t. almond flavoring

Rub half the apricots through a sieve. Add the syrup, the sugar, the gelatine which has been soaked in 4 T. of cold water and the lemon juice. Flavor with almond flavoring. Pour into a mold which has a place in the center for cream or ice cream. When the jelly is firm turn out on a serving dish. Place the ice cream or whipped cream in the center and garnish with the remainder of the apricots.

Serves 6.

Nadine Mattson . . . Lambda

Blackberry Jam

3 boxes (6 c.) blackberries
4 c. sugar
3 T. lemon juice

Wash and drain berries; put in kettle with sugar. Place over low heat and stir frequently until sugar is dissolved and the boiling point is reached. Then boil hard for 8 minutes. Add the lemon juice and boil hard again for 7 minutes or until the syrup sheets off the spoon when tested. Let stand overnight in the kettle, stirring occasionally as the jam cools; the berries will plump up and regain something of their shape in the cooling process. In the morning, pack cold into sterilized jars and seal.

(Boysenberries, loganberries, or raspberries can be substituted.)

Edna Babcock . . . Omicron

Grape Conserve

1 basket of grapes
3 oranges
4 lbs. sugar
½ lb. walnuts
1 pkg. raisins

Boil pulp 10 minutes. Put through sieve. (If desired, separate skins and pulp. Boil skins and add to sieved pulp.) Add orange skin and sugar and boil 10 minutes. Add oranges and nuts and boil three minutes.

Violet Hayford . . . Nu
Sponsored by Dorothy Massie . . . Lambda

Pear Chips

8 lbs. of pears
1 small jar of preserved ginger root
8 lbs. of sugar

Slice fine and cook until thick.

Frances Solibakke . . . Gamma

Pear Conserve

12 pears
1 large can pineapple
1 c. maraschino cherries
11 c. sugar
juice of 2 oranges
rind of 1 orange

Cut pears, pineapple, and cherries into small pieces or slices. Add orange juice and rind and sugar. Mix well. Cook slowly until mixture is a rich golden brown and glazed-looking. Seal. About 2½ hours cooking time.

Makes 10 glasses.

Elsie Prevedell . . . Gamma

Pear Honey

3 c. sugar
2 c. pear pulp
½ t. nutmeg
1 c. crushed pineapple

Peel pears and cook in a small amount of water until soft. Strain or sieve and add pineapple, nutmeg, and sugar. Cook until thick. Seal in sterilized jars.

Jessie Pope . . . Lambda

Prune Conserve

4 qt. prunes
1 qt. apples
1 lemon
3 qt. sugar
2 large oranges

Quarter prunes, peel apples, quarter unpeeled oranges. Peel lemon and quarter. Put through food chopper. Combine fruit and sugar, let stand overnight, stir thoroughly. Place small quantity in an open pan, cook rapidly until thick, add nuts if desired. Seal in jelly glasses.

Mary L. Hagist . . . Kappa

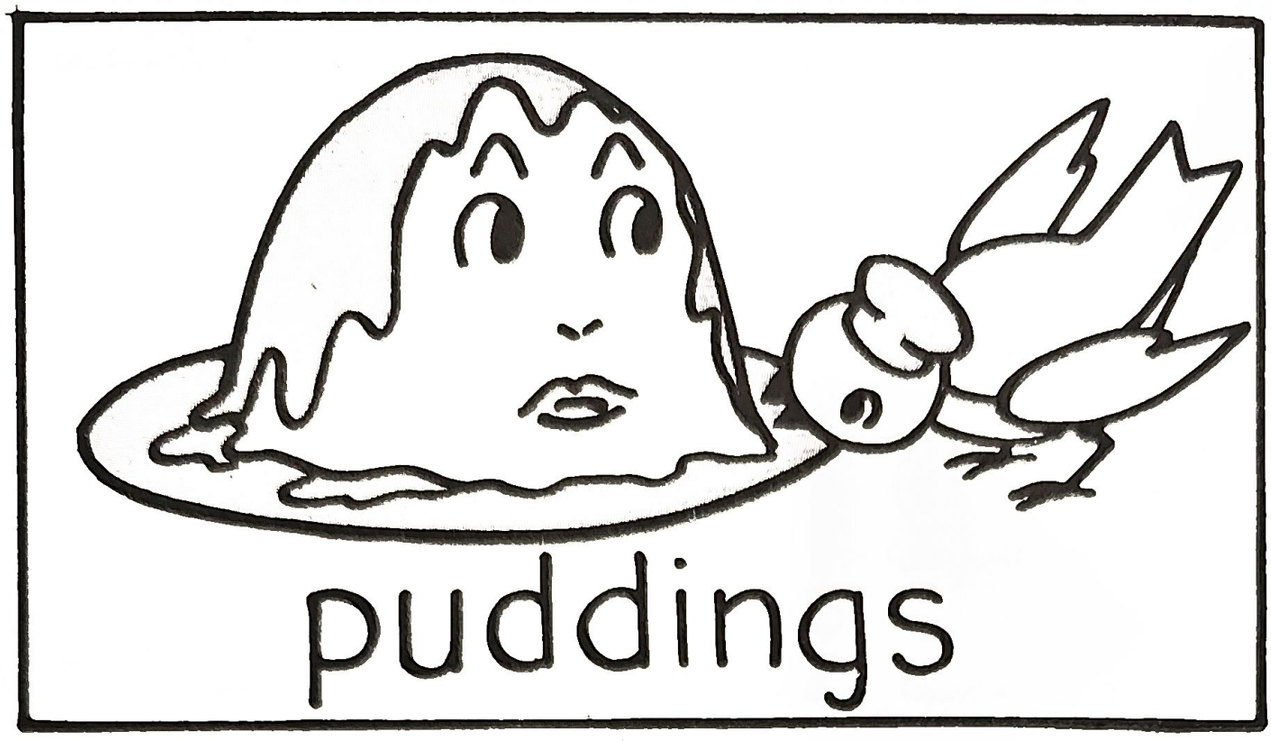
Ripe Tomato Preserves (Southern)

1 lb. tomatoes
1 lb. sugar
2 oz. preserved ginger
2 lemons

Pour boiling water over tomatoes. Remove skin, add sugar, let stand overnight. In morning pour off syrup, boil syrup until quite thick. Skim. Add tomatoes, ginger, cut in small pieces, lemon sliced very thin. Boil until tomatoes are clear.

Bessie Bankhead . . . Beta

Notes



puddings

Candy Dandy Pudding

1 or 2 egg yolks
4 c. milk
⅓ c. Minute Tapioca
¼ t. salt
½ c. sugar
½ c. red cinnamon candy crushed peppermint sticks (peppermint preferred)
1 or 2 egg whites
1 t. vanilla

Mix egg yolks with small amount of milk in top of double boiler. Add tapioca, salt, candy, and remaining milk. Place over rapidly boiling water and cook 10 to 12 minutes after water boils again, stirring frequently. Remove from fire. (Tapioca will be well distributed throughout mixture, will be thin.) Do not overcook. Beat egg whites until just stiff enough to hold shape. Fold hot tapioca mixture gradually into egg white. Cool—mixture thickens as it cools. When slightly cool, stir in vanilla; chill. Garnish with whipped cream.

Serves 8.

Olive Miller . . . Rho

Carrot Pudding

2 T. butter
1½ c. brown sugar
2 eggs
1 c. milk
2 c. grated carrots
2 c. dry bread crumbs
2 c. flour
1 c. raisins
1 c. dates
½ c. citron
1 c. nutmeats
2 t. cinnamon
2 t. nutmeg
½ t. cloves
½ t. allspice
2 t. soda
½ t. salt

Mix in order given, adding spices to flour, and mixing a little flour to fruit. Steam 3 hours. One-lb. coffee tins are good for steaming. Fill them ¾ full. Put tops on.

Maurietta Bunn . . . Kappa
Sponsored by Amy Magill . . . Alpha

Carrot Pudding

1 c. carrots (ground)
1 c. raw potatoes (ground)
1 c. raisins
1 c. suet (or ½ c. butter)
1 c. flour
1 c. sugar
1 t. soda
1 t. nutmeg
1 t. cinnamon
½ t. cloves
½ t. salt

Mix together in one operation. Put in well-greased pan, fitted with lid. Steam for 4 hours.

Georgiana Coleman . . . Xi

Crumb Pudding

1. c. fine bread crumbs
½ c. butter or substitute
½ c. sugar
½ c. sweet milk
1 c. raisins
¼ t. cloves
¾ t. cinnamon
½ c. chopped nuts
¼ t. nutmeg
1 t. soda
flour to thicken (about ¾ c.)
½ t. salt

Steam for 1 hour. Serve with a hard sauce or a lemon or vanilla sauce.

Elizabeth S. McKeen . . . Zeta

Date Nut Pudding

1 c. brown sugar
1 c. butter
2 eggs
1 t. vanilla
2 T. flour
1 t. baking powder
1 c. nut meats, broken in half
1 c. dates, cut in half

Cream butter and sugar until light. Add well beaten eggs. Add flour and baking powder sifted together. Add nuts and dates and stir thoroughly. Bake at 250 F. for 3 hours. Should be about 1½ inches deep in pan or baking utensil. Set in pan of hot water while baking. You may have pudding warm when about to serve, topped with whipped cream. Serves 6 to 8.

Grace Card . . . Epsilon

Delight Zweiback Pudding

1 pkg. zweiback (or 2 c. ground fine)
½ c. sugar
½ c. melted butter
1 t. cinnamon

Crumb the above together, and line a greased pan with ¾ of the mixture.
Make a custard of:

2 c. milk
½ c. sugar
3 egg yolks
1 T. cornstarch

Pour custard over crumbs.
Topping:

3 egg whites beaten with 6 T. sugar

Pour topping over custard and add remaining ¼ of crumbs.
Bake 20 minutes in a slow oven.
Serves 10.

Mary Nordeen . . . Omicron

English Pudding

2 T. butter
1 c. brown sugar
2 c. water
.....
1 T. butter
½ c. sugar
1 c. flour
1 t. baking powder
1 t. soda
½ c. milk
½ c. raisins
1 t. vanilla

Bring to a boil the first three ingredients while preparing the remaining ingredients as for cake. Pour the syrup over uncooked cake mixture and bake in moderate oven.

Mrs. Ruby Uusitalo . . . Mu

Frozen Plum Pudding

½ c. milk
½ c. sugar
1 t. vanilla
¼ c. chopped figs
1 small jar Maraschino cherries
2 c. whipped cream
2 sq. chocolate (grated)
1 c. chopped raisins
1 c. nut meats

Pour milk into sauce pan or double boiler. Add sugar and grated chocolate. Cook until the chocolate is melted and slightly thick, and cool. Whip cream until stiff and add chocolate, vanilla and fruits. Pour into refrigerator trays and freeze. Serves 6.

Anne Smith . . . Omicron
Sponsored by Irma Zickler . . . Theta

Graham Cracker Pudding

¼ c. sugar
2 T. butter
1 egg (beaten)
½ c. milk
½ c. nuts chopped
½ t. vanilla
1¼ c. graham cracker crumbs
1 t. baking powder

Mix in order given. Mix baking powder with cracker crumbs before adding to other ingredients. Pour into a buttered dish. Bake in moderate oven. Serve with whipped cream. Serves 6.

Nellie F. McNeill . . . Iota

Indian Pudding

4 c. milk
½ c. yellow cornmeal
2 T. melted butter
½ c. molasses
1 t. salt
1 t. cinnamon
¼ t. ginger
2 eggs

Scald milk. Pour slowly on corn meal, stirring constantly. Cook over hot water 20 minutes. Combine butter, molasses, salt, cinnamon and ginger. Beat eggs well, add with molasses mixture to corn meal. Pour into greased baking dish. Place in pan of hot water. Bake in moderate oven 350 F. for 1 hour. Serve hot with whipped cream. Serves 4.

Harriet J. Johnson . . . Alpha

Lemon Fluff

1 pkg. lemon jello
⅓ c. honey
1 can Pet milk
juice of 2 lemons and rind of one
1¼ c. boiling water
fg. salt
2 c. cookie crumbs

Add jello, honey and salt to hot water. Stir until dissolved. When set, beat the jello and add one tall can Pet milk beaten until thick. Beat all together.

Line the bottom of a pan with ½ the cookie crumbs, put in jello mixture, and cover with remaining crumbs.

Serves 8.

Marie Kuhl . . . Alpha

Lemon Fluff Pudding

1 T. butter
1 c. sugar
fg. salt
2 eggs
1 T. flour
juice and grated rind of 1 lemon
1 c. milk

Cream butter. Add sugar, salt, flour, lemon juice and rind. Add beaten yolks of eggs; add milk. Stir thoroughly until sugar dissolves. Fold in stiffly beaten egg whites. Pour into baking dish. This may be mixed in baking dish. Bake in moderate oven at 350 F. about 40 minutes.

Pearl A. Wanamaker . . . Delta

Mrs. Hunter's Date Pudding

1 c. granulated sugar
1 t. butter (cream with sugar)
½ c. sweet milk
1 c. flour
1 t. baking powder
¾ c. walnuts
10 oz. stoned dates

Mix as for cake but drop into sauce as dumplings.

Sauce: (prepare in a baking pan)

3½ c. boiling water
1 c. granulated sugar
1 T. butter
1 t. vanilla

Bake in medium hot oven about 40 minutes.

Frances Gladwin . . . Iota

Orange Pudding

1 c. orange juice
20 marshmallows
½ c. whipping cream

Melt marshmallows and orange juice. Beat cream and fold into mixture.

Kathleen M. Cowan . . . Omicron

Plum Pudding (Hot Point Recipe)

1 c. currants
½ c. raisins
¼ c. citron
½ c. shortening or
¾ c. suet, fine
2¼ c. flour
¼ t. cinnamon
⅛ t. allspice
⅛ t. cloves
¼ t. salt
1 c. milk
¾ c. molasses

Helen Hull Larsen . . . Beta

Quickie Cherry Dumplings

1 qt. red pie cherries (or any small fruit)
3 c. juice from cherries
⅓ c. minute tapioca
fg. salt
1 c. sugar

Drain the juice from fruit and add to it enough water to make 3 cups. Add tapioca and salt and cook over boiling water, stirring often until tapioca is clear. Add sugar and cook another 10 minutes. Place the drained fruit in a large heavily-buttered baking pan and pour the thickened juice over them. Drop tiny dumplings in the hot cherry mixture. Bake in a hot oven for 20 minutes. Very good, whether hot or cold, with plenty of thin cream.

Serves 6.

Dumplings

1½ c. flour
2 t. baking powder
½ t. salt
1 T. sugar
4 T. shortening
⅔ c. milk

Blend together flour sifted with baking powder, salt, sugar, and shortening. Add milk and beat only until smooth.

Edna Knuppe . . . Epsilon

Raspberry Pudding

¼ lb. butter
¼ c. sugar
½ c. milk
2 c. flour
¼ t. salt
2 level t. baking powder
3 egg whites
1 c. raspberries

Beat butter to a cream, add sugar and alternate the milk and flour sifted with the salt and baking powder. Add lastly the raspberries and whites of eggs beaten stiff. Steam in a buttered pudding dish about 1½ hours.

Serve with cream or hard sauce.

Margaret Addison . . . Nu

Rhubarb Pudding

3 c. rhubarb
¾ c. sugar
1 egg
3 T. flour
½ c. brown sugar
¾ c. flour
4 T. shortening

Scald rhubarb in hot water and drain. Combine sugar, egg and 3 T. flour. Mix with rhubarb. Place in shallow baking dish. Combine brown sugar and flour. Work in butter with fork to make a coarse crumb. Arrange crumb mixture over rhubarb.

Bake, uncovered, in a moderate oven 350 F. for 45 minutes. Serves 6 to 8.

Dessie May Dunagan . . . Lambda

Steamed Chocolate Pudding

1 egg
½ c. milk
½ c. sugar
1 c. flour
1 t. baking powder
1½ sq. chocolate
1 T. butter

Beat the egg and add the sugar. Now stir in the milk and sifted flour. Add chocolate and butter which have been melted together.

Put this batter into a greased can, cover, and steam for 1 hour. Serve hot with sauce.

Pudding Sauce

1 egg
2 c. powdered sugar
2 T. butter
½ pt. whipping cream
1 t. vanilla

Beat the egg and add the powdered sugar a little at a time. Mix in the melted butter. Add stiffly-whipped cream and vanilla.

Anna E. Watson . . . Nu

Steamed Cranberry Pudding

2 c. cranberries cut in two
½ c. molasses
½ c. boiling water
2 t. soda
1⅓ c. flour

Add soda and water to molasses. Stir in flour and add cranberries. Steam for 1½ hour.

Sauce

1 c. sugar
½ c. butter
½ c. cream

Dissolve and bring to a boil.

Lou Ella Hart . . . Omicron

Steamed Sweet Potato Pudding

1 c. flour
1 t. soda
½ t. salt
1 t. nutmeg
1 t. cinnamon
½ t. cloves
1 c. grated raw sweet potato
1 c. raw Irish potato
½ c. chopped walnuts
½ c. chopped dates
1 c. brown sugar firmly packed
¼ c. water

Sift flour, measure, and sift again with soda, salt, and spices. Combine potatotes, nuts, dates, and sugar. Add flour alternately with the water and mix well. Pour into well-greased pudding molds, filling ⅔ full. Cover and steam three to four hours. Serve with hard or liquid sauce.

Serves 8 generously.

Ruby Long . . . Zeta

Bridge Salad

1 pkg. lemon gelatine
1 small bottle stuffed olives
½ c. blanched almonds
4 or 5 slices pineapple

Use pineapple juice and water for gelatine. Put in chopped ingredients when gelatine begins to thicken. Serves 8.

Evelyn Heidenstrom . . . Kappa

Cherry Spanish Olive Salad

1 pkg. cherry jello
½ c. sliced Spanish olives
1 c. Bing cherries
½ c. liquid from olives
1½ c. juice from cherries
1 T. vinegar

Nuts may be added.

Elsie Grover . . . Omicron

Cinnamon Apple Salad

12 apples
1 c. red cinnamon candies
½ c. sugar
4 c. water
fruit coloring
2 pkg. Philadelphia Cream Cheese
salad dressing

Pare and core apples. Cook candies and sugar in water until dissolved. Add fruit coloring if desired for more color. Add apples (halved) and cook slowly until transparent but not soft. Have only one layer of apples in pan and watch carefully while cooking. Remove from syrup while still firm. Chill. Stuff centers of apples with the cheese mixed with salad dressing. Serve on lettuce. Makes attractive red and green Christmas salad. Serves 12.

Josephine Olson . . . Nu

Complete Luncheon Salad

6 bananas
2 cans shrimps
2 doz. olives
1 head lettuce
2 oranges
2 grapefruit
1 large pkg. potato chips
several walnuts

Cut bananas in quarters, dip in lemon juice and roll in chopped walnuts. Place a large lettuce leaf in the center of each luncheon plate. Make a square box of 4 banana quarters. Place 1/3 of each can of shrimps in the box. Pour salad dressing over shrimps. On opposite sides of the banana box place alternate slices of oranges and grapefruit. On the third side place a handful of potato chips. On the fourth side place several olives.

Florence E. Peterson . . . Alpha

Cottage Cheese and Pineapple Salad

1 pkg. lemon jello
1 c. hot pineapple juice or water

Dissolve jello in juice. When cool add:

1 c. cottage cheese
1 c. crushed pineapple
1 large carrot, grated

Mix thoroughly.

½ c. salad dressing
½ c. evaporated milk

Add, stir, mold and cool. Serves 10 to 12.

Mary J. Machle . . . Alpha

Cottage Cheese - Cucumber Salad

1 box lime jello
1 T. lemon juice or vinegar
1 t. salt

Prepare with water and let cool.

1 lb. cottage cheese
1 6-inch cucumber, grated

Stir into chilled jello and pour in molds.

Serve on lettuce with pimento, nuts, sliced olives or any vegetable salad dressing. Cheese crackers are optional.

Alma V. Armstrong . . . Beta

Crab Meat Salad

1 No. 2 can of tomato juice
1 t. sugar
2 drops Worcestershire sauce
1 T. gelatine
6 oz. can crab meat
2 T. lemon juice
1 T. chopped sweet pickles
2 T. cold water

Put first four ingredients in a pan, bring to a boil. Soak gelatine in water, add to boiling mixture. Cool when it begins to congeal, add crab meat, lemon juice, and pickles. Mold and chill. Serve on lettuce with mayonnaise.

Mrs. Lola Lee Larner . . . Beta

Cranberry Salad

1 c. cranberries (put through food chopper)
1 c. celery, cut fine
1 orange (peel and juice, peel finely grated)

Cover the above with 1 cup sugar and let stand 1 hour.

1 pkg. orange jello
1½ c. hot water (scant)

Let liquid cool and add above mixture. Mold and serve.

Verna Eastman . . . Theta
Sponsored by Gazelle Walston . . . Theta

Frozen Salad

1½ c. crushed pineapple
2 t. lemon juice
2 t. gelatine
1 t. confectioner's sugar
1 c. diced bananas
1½ c. whipping cream
1 t. maraschino cherry juice
1 c. maraschino cherries
⅔ c. mayonnaise

Soak gelatine in ½ c. juice drained from pineapple and dissolve over boiling water. Add other juices, then fruits, chill until ready to set. Add beaten cream, mayonnaise and freeze. Serve on lettuce leaf.

Mary Norquist . . . Omicron

Hot Cabbage Slaw

⅔ c. vinegar
⅓ c. water
1 t. salt
1 T. sugar
1 T. butter
½ T. flour
fg. of mustard
well-beaten egg
3 c. chopped cabbage

Heat vinegar, water, salt, sugar, together. Mix butter, flour, and mustard, and add to vinegar mixture. Pour this over well-beaten egg and place on stove again to thicken. Pour over chopped cabbage. Serve hot.

Serves 6.

Margaret Gray . . . Lambda

Mexican Salad

string beans
peas
radishes
avocado
orange slices

Take equal amounts of the above and place on lettuce leaf. Cover with French dressing.

Arvilla Allison . . . Mu

Pear Salad

1 pkg. lime jello
1 c. ginger ale
1 can pears
candied ginger

Dissolve jello in one cup of hot water and add the ginger ale. Pour into molds and add the diced pears. A little candied ginger in each mold adds to this salad.

Jane Harris . . . Beta

Pecan Nut Roll Salad

2 pkg. Philadelphia Cream Cheese
½ c. pineapple (drained and cut fine)
¼ c. maraschino cherries
½ c. pecans chopped
8 graham crackers rolled fine
fg. salt

Mash cheese, add fruit and salt. Mix well and form round loaf. Have rather cold to do this. Mix nuts and cracker crumbs. Roll cheese loaf in nut-cracker mixture until evenly covered. Chill thoroughly. Place slice of salad roll on slice of pineapple and lettuce leaf. Top with salad dressing.

Mrs. Hazel Laughbon . . . Eta

Reception Salad

1 pkg. lemon jello
1 can crushed pineapple (tall can)
2 pkg. Philadelphia Cheese
1 small can pimento
½ c. chopped celery
¾ c. chopped nuts
½ pt. whipping cream
fg. salt

Use the juice from the crushed pineapple and enough water to make a pint of jello and let cool. Then add the pineapple, mashed Philadelphia Cheese, pimento, celery, nuts, salt, and whipped cream. Put in refrigerator and let stand 3 to 4 hours before serving. (Over night is better). Serves 10 to 12.

Anne Smith . . . Omicron
Sponsored by Cecil A. Roberts . . . Mu

Salad

1 small can crushed pineapple
1 c. sugar
juice of 1 lemon
2 pkg. gelatine
1 small bottle maraschino cherries
½ c. grated cheese
½ pt. whipping cream

Bring to a boil the pineapple, sugar, and lemon juice. Soak gelatine in ½ c. cold water. Add juice of cherries. Add cherries to hot mixture. Cool until it starts to jell. Fold in cheese and whipped cream..

Mold, serve on lettuce with mayonnaise.

Edith Pardis . . . Gamma

Tea Salad

1 pkg. Philadelphia Cream Cheese
1 small glass of currant or other tart jelly
2 t. lemon juice
½ pt. whipping cream
chilled fresh or canned pears

Blend cheese and jelly together with a fork. Add lemon juice. Fold in whipped cream. Freeze. Cut in squares. Place on a chilled half of a pear, placed on a crisp lettuce leaf. Top with a fruit or favorite dressing.

Serves 6 to 8.

Helen Pangborn . . . Alpha

Toasted Almond Tuna Salad

1 7-oz. can tuna coarsely broken
½ c. pineapple tidbits (optional)
½ c. seeded white cherries
⅓ c. slivered celery
½ c. toasted half almonds
½ T. lime or lemon juice
½ t. prepared mustard
mayonnaise to moisten

Blend lime or lemon juice and mustard. Add to ½ c. mayonnaise. Mix balance of ingredients lightly together and dress with mayonnaise.

Helen Rude . . . Beta
Sponsored by Clara T. Bean . . . Delta

Twenty-Four Hour Salad

4 slices pineapple
20 marshmallows
1 c. pecans
3 egg yolks
½ c. milk
½ c. whipping cream
2 T. sugar
1 T. lemon juice

Beat egg yolks, add sugar, salt, and milk. Cook until thick. Cool.

Drain pineapple and cut in strips. Cut marshmallows and nuts. Stir into custard. Add lemon juice. Fold in cream, whipped. Set in refrigerator for 12 hours, more or less.

Elida Nordeen . . . Omicron

SALAD DRESSINGS

Avocado Dressing

1 c. sieved avocado
¼ t. onion salt
¼ t. garlic salt
1½ t. lemon juice
few drops Tobasco sauce

Combine all ingredients and blend thoroughly. Thin with salad dressing to suit.

Helen Rude . . . Beta
Sponsored by Grace Boyer . . . Eta

Cooked Salad Dressing

3 T. melted butter
1½ t. salt
2 t. dry mustard
3 T. sugar
2 T. flour
1 egg
1 can milk
½ c. vinegar

Stir salt, mustard, sugar, and flour in melted butter. Add whole egg, do not beat. Stir, add milk, cook in double boiler until it thickens. Beat while slowly adding vinegar. Good for potato salad.

Marjorie Rainier . . . Zeta

Fishermen's Grott Chef's Special

1½ c. chili sauce
¼ c. celery, ground fine
¼ c. sour pickles, ground fine
2 c. mayonnaise
1 t. lemon juice
1 t. horseradish
½ t. Worcestershire sauce

Put all ingredients into bowl. Mix together until well blended. Can be used on any seafood salad. Keep in cool place but not in refrigerator. Keeps indefinitely. Makes 1 quart.

Jeannette S. Evans . . . State

Fruit Salad Dressing

¼ c. sugar
¼ c. lemon juice
¼ c. pineapple juice
⅛ t. salt
3 eggs

Put sugar, lemon juice, pineapple juice and salt in flat kettle or pan. Bring to boil. Let boil 1 or 2 minutes. Add eggs well-beaten. Cook only until eggs thicken the mixture. Cool. Mix with a little whipped cream when ready to use with fruit salads.

Ida M. Butler . . . Theta

Fruit Salad Dressing

1 c. sugar
2 eggs
1 c. pineapple juice
cornstarch (optional)
whip cream (optional)

Beat the eggs and combine with sugar. Add pineapple juice and cook in a double boiler until thick. If a thicker dressing is desired, add cornstarch to the ingredients. Also good with whipping cream folded in when cooled.

Lillian Hendrickson . . . Nu

Honey Salad Dressing

½ c. sugar
1 t. mustard, dry
1 t. salt
1 t. celery seed
1 t. red paprika

Mix these ingredients in a bowl. Then add:

1 T. onion juice squeezed from grated onion

Then alternately add:

1 c. Wesson oil
4 T. vinegar

Beat well using an egg beater. It should be thick and red in color. Pour in bottle or salad jar and keep in a cool place. This will make about 1½ c. of dressing. Serve on grapefruit, orange, avocado, tomato, or lettuce.

Millie A. Bethke . . . Beta
Sponsored by Lela Culver . . . Beta

Mayonnaise

1 egg
2 T. sugar
½ t. salt
2 t. dry mustard
⅛ t. paprika
¼ c. vinegar
¾ c. salad oil
1 c. water
4 T. cornstarch

Put egg, sugar, seasoning, vinegar, and salad oil in mixing bowl, but DO NOT STIR. Make a paste by mixing the cornstarch with ½ cup water, add additional ½ cup water and cook, stirring constantly until it oils and clears up.

Add hot cornstarch mixture to the ingredients in mixing bowl and beat briskly with egg beater. Cook before serving. Yield, one pound.

Harriet Rubottom . . . Nu

Tasty French Dressing

1 can tomato soup
¾ c. Wesson oil
¾ c. vinegar
¼ c. sugar
1 t. black pepper
1 t. paprika
1 T. salt
1 T. onion juice
1 T. Lea & Perrin Sauce
1 clove garlic cut in fourths
1 t. dry mustard

Mix dry ingredients and add liquids.

Clara Fjermedal . . . Epsilon

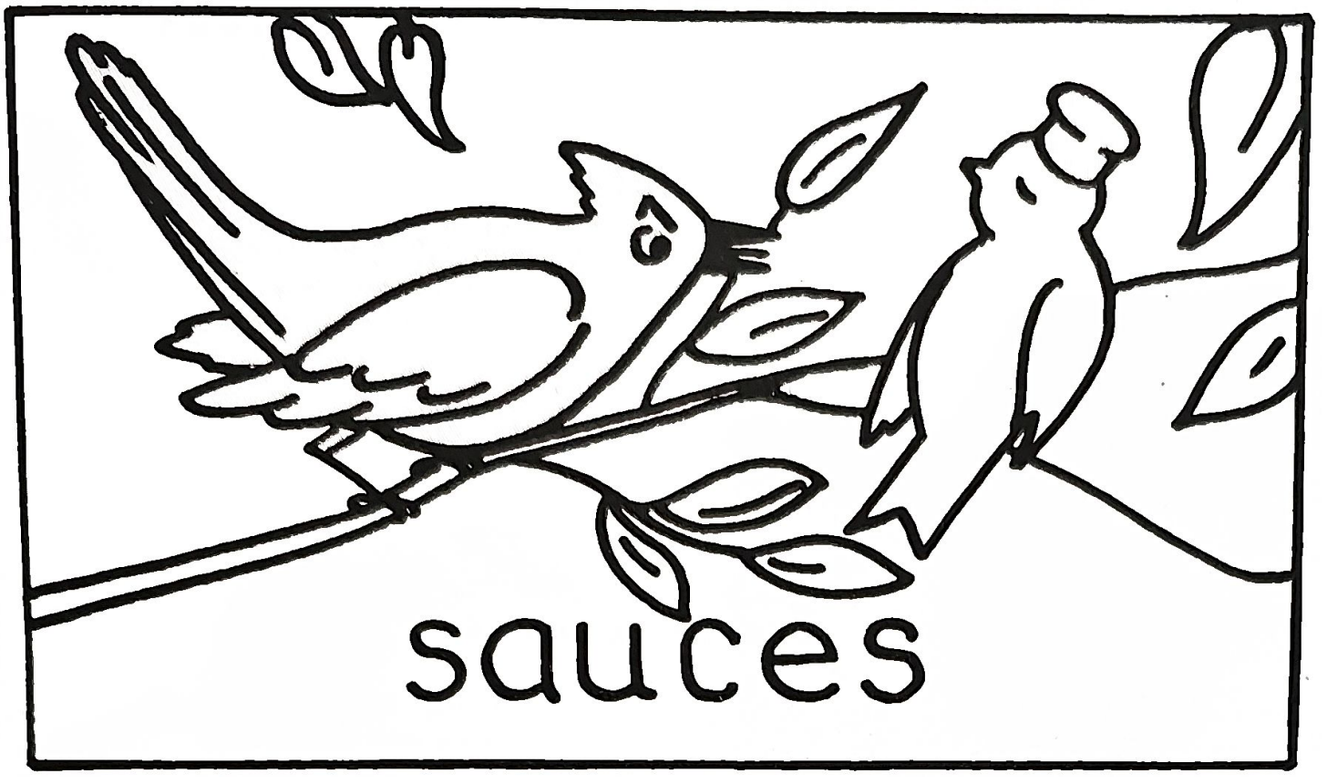
Thick French Dressing

1 c. salad oil
1 T. dry mustard
2 T. vinegar
½ c. catsup
2 cloves garlic (fine)
½ c. sugar
juice of two lemons
½ t. paprika
2 t. horseradish

With rotary beater mix oil and sugar together 10 minutes. Add other ingredients in order listed and mix thoroughly. This dressing may be stored in refrigerator. Especially good on head lettuce.

Lucy Cady . . . Kappa

Notes



Butterscotch Sauce

1 c. br. sugar
¼ c. top milk
2 T. corn syrup
3 T. butter

Combine ingredients in a saucepan. Heat to boiling while stirring, then boil to 220 F. or 3 minutes.

Serves 6.

Ruth M. Hogberg . . . Kappa

Chocolate Sauce

2 oz. good bitter chocolate
1 t. butter
1 c. milk
6 T. sugar
pinch of salt
2 egg yolks
1 t. vanilla

Use double boiler. Melt the butter and chocolate; add cold milk, egg yolks, and beat with a large spoon to thoroughly mix. Mix in egg yolks. Add the sugar and cook in double boiler, stirring slowly, but constantly until the sauce begins to thicken and coat the spoon. Stir in the vanilla after the sauce is removed from flame. Serve either hot or cold. Good on ice cream.

Muriel Spencer . . . Zeta

Cocktail Sauce

6 T. catsup
2 T. lemon juice
1 T. horseradish
¼ t. grated onion
1 t. Worcestershire sauce
2 drops Tobasco sauce
salt to taste

Hannah Jones . . . Beta

Cranberry Sauce

1 qt. cranberries
1 pt. preheated sugar

Cover cranberries well with boiling water. Let stand until cool enough to remove with hands. Put into porcelain kettle. Add 1 pt. boiling water and boil 20 minutes crushing berries as they boil. Add 1 pt. preheated sugar and boil hard 5 minutes.

Remove from stove and place cranberries in a mold.

Mildred Bell . . . Beta

Hollandaise Sauce

½ c. butter
yolks of 3 eggs
juice of 1 lemon
1 t. salt
¼ t. pepper
½ c. boiling water

Cream butter, add yolks of eggs one at a time and beat well. Add lemon, salt, pepper. Five minutes before serving add boiling water, little at a time, stirring well. Place in top of double boiler over boiling water and stir rapidly until it thickens.

Edna L. Sterling . . . Beta
Sponsored by Faye H. Davis . . . Theta

Lemon Sauce

1 c. sugar
½ c. butter
3 T. boiling water
1 egg, beaten slightly
juice and grated rind from 1 lemon

Cook in double boiler until desired thickness. Serve with pudding.

Kate Bender . . . Nu

Mint Sauce

3 T. chopped mint
6 T. vinegar
2 T. sugar
3 or 4 T. of liquid from boiling lamb

Take fresh, young mint, strip leaves from stems, wash, drain and chop very fine. Add sugar and allow to remain a few minutes well mixed together, and pour vinegar over it gradually. Make sauce an hour or two before dinner. Add 3 or 4 tablespoons of liquid from boiling lamb.

Nadine Mattson . . . Lambda
Sponsored by Gladys Dranga . . . Omicron

Orange Sauce

½ lemon, juice
⅔ c. orange juice
⅓ c. water
1 t. butter
1½ T. cornstarch
½ c. sugar
grated orange peel

Blend cornstarch with sugar, and add orange peel. Add juice mixture to this. Mix and cook 15 minutes in a double boiler. Add a teaspoonful of butter just before serving. Pour hot mixture over cake, or ice cream, or ice cream sandwiches.

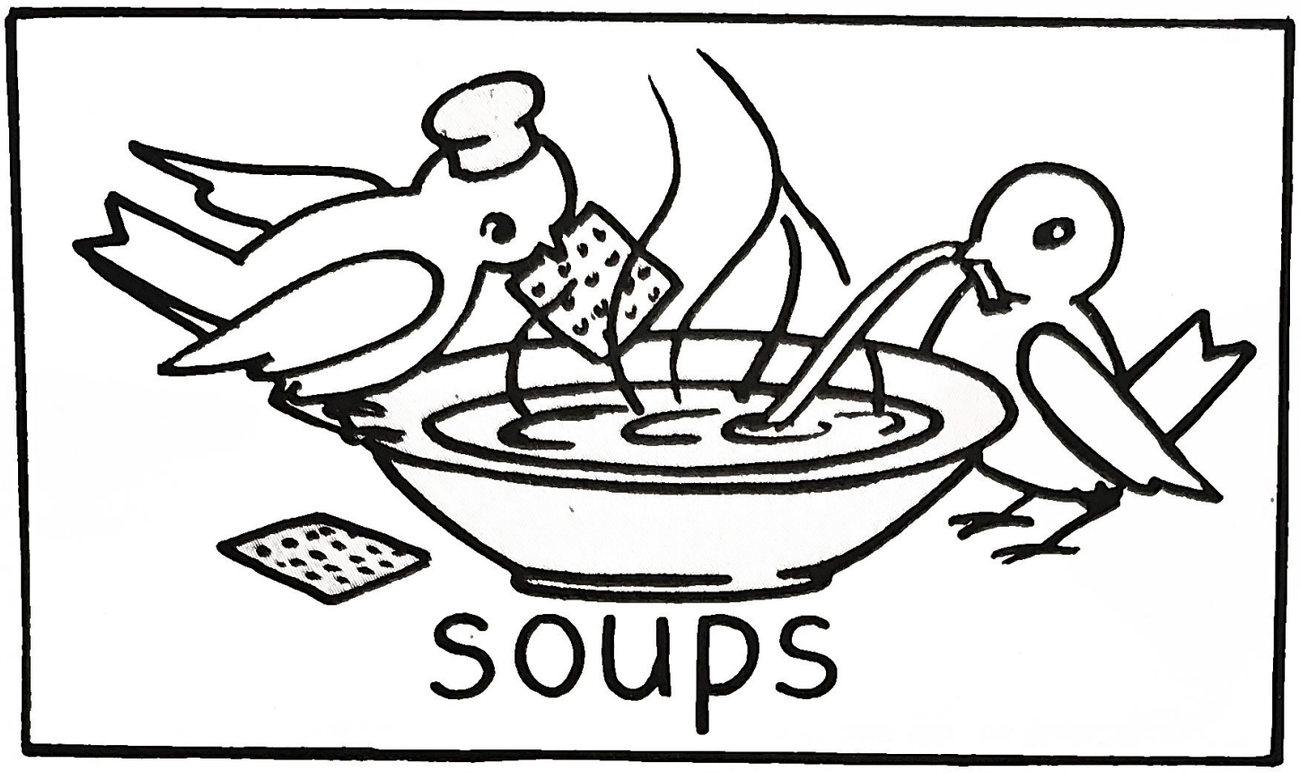
Edna Benson . . . Omicron

Swedish Dill (Sauce for Fish)

1 T. butter
2 T. flour
1½ T. vinegar
2 t. sugar
salt
1 pt. hot fish or meat stock
2 T. chopped dill
1 egg yolk

Cook butter and flour 1 to 2 minutes but do not brown. Add gradually the fish stock. Stir until smooth. Season with dill, vinegar, sugar, and salt. Just before serving, add egg yolk mixed with a little of the sauce.

Ida Ingalls . . . Beta



Avocado Soup

1 large avocado
2 t. flour
¼ c. cream
1¾ c. milk
4 c. chicken soup or stock

Make a cream sauce using the flour, cream and milk. Add to this the 4 c. of chicken broth which has been heated. Put avocado through a sieve, add to the above mixture, but do not let boil. Season to taste. Serves 6.

Anne Smith . . . Omicron

Clam Chowder

2 slices bacon
1 clove garlic, minced
2 medium carrots, diced
2 medium potatoes, diced
2 medium-sized onions, chopped
2 cups minced clams
2 c. rich milk
salt and pepper

Place minced garlic and diced carrots in a saucepan and add liquor from the clams, adding enough water to make 3 cups liquid. Cut bacon into small pieces, fry until half done, and add to mixture in saucepan. Simmer 15 minutes. Then add the potatoes and onions and simmer about 30 minutes. Add clams and milk and heat through. Season well with salt and pepper and serve steaming hot. Serves eight.

Ruth M. Hogberg . . . Kappa
Sponsored by Ann Brannick . . . Nu

Conservation Cream Soup

2 c. vegetable stock
3 T. butter or substitute
salt, pepper, onion juice
3 T. flour
1 c. evaporated milk

Vegetable stock can be saved after cooking carrots, peas, celery, beans, etc. singly or in combination.

Left over cooked vegetables, sieved, may be added if desired. Heat the vegetable stock to boiling point. Add butter and then the flour blended with cold milk until smooth. Cook until thickened, then add remainder of milk. Serve hot, garnished with finely chopped parsley. Serves 4.

Ruth Hallin . . . Alpha
Sponsored by Nellie Campbell . . . Theta

Potato Onion Soup

5 c. sliced potatoes
3 c. boiling water
½ t. salt
6 slices bacon
2 c. milk
3 c. sliced onions
¼ t. pepper

Cook the potatoes in boiling salted water until tender; drain; reserve water; mash potatoes. Cut bacon in ½-inch strips and fry crisp; add onions and cook until soft and yellow. Combine onions, bacon, and potatoes.

Eva Woods . . . Omicron

Soup Mongole

1 10½ oz. can pea soup
1 10½ oz. can tomato soup
2 t. Worcestershire sauce
5 T. sherry
¾ c. water
1 t. sugar
1 c. light cream

Combine soups, water, sugar, and sauce. Heat to near boiling point, add cream. Remove from stove. Add sherry.

Esther Uhden . . . Omicron
Sponsored by Nellie Swenson . . . Eta

Split Pea Soup

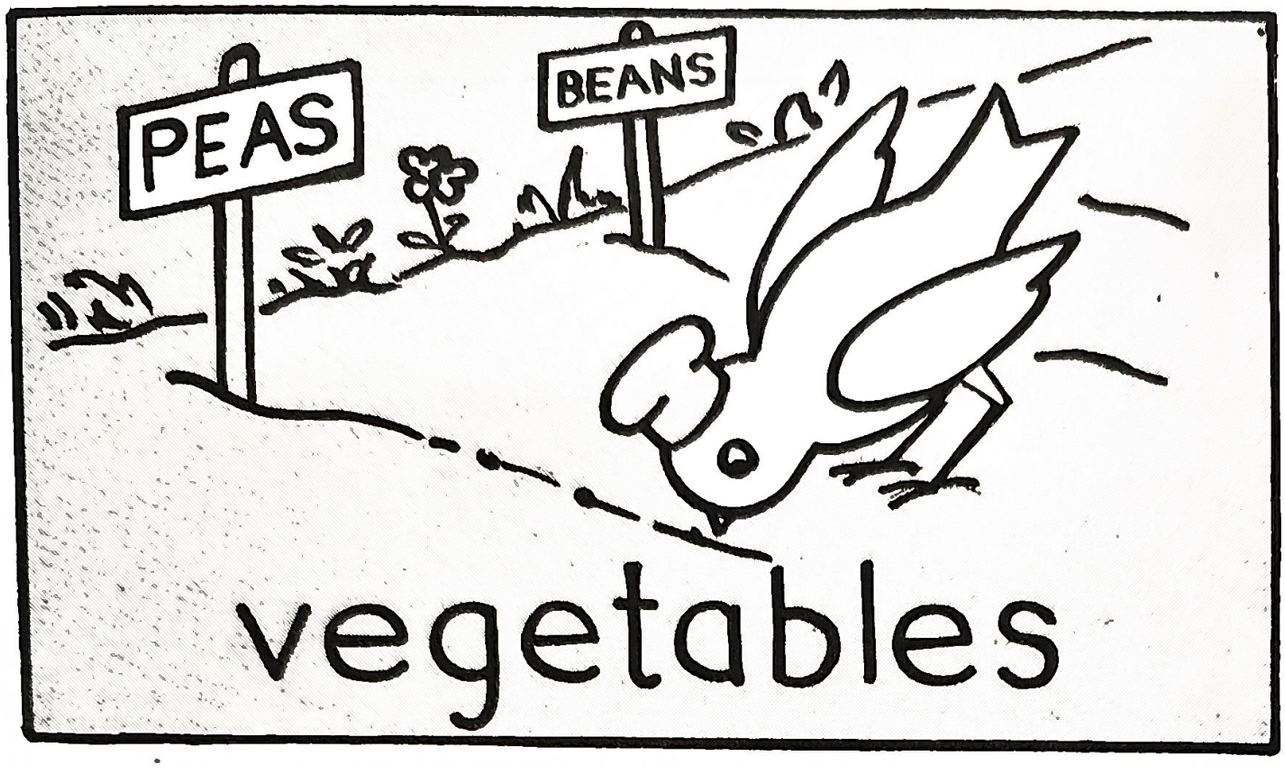
1½ c. green split peas
½ c. dried mushrooms
2 slices bacon
1 onion, minced
3 to 4 c. milk
salt and pepper

Wash the peas, soak over night in water to cover them. In the morning, heat to boiling, then simmer slowly until very soft.

Wash the dried mushrooms, cover with warm water and let simmer slowly until they are soft, and the water has been absorbed.

Fry bacon till crisp; remove it from pan, and in the fat fry the onion until limp, then add it to the cooked pea puree. Add the cooked mushrooms and milk, season well, and let simmer so that the flavors may blend. Serve very hot, with some of the bacon crumbled over the top of each serving.

Mary Trunkey . . . Alpha



Barbecued Lima Beans

1 c. green lima beans
1 c. Vienna sausages
1 medium-sized onion
1 T. bacon fat
1 can condensed tomato soup
1 T. Worcestershire sauce
1 clove garlic, minced
⅓ c. liquor from beans
1 t. prepared mustard
1 T. chili sauce
⅓ t. salt
1 T. vinegar

Saute onion in bacon fat. Add clove of garlic, soup, liquor from beans. Blend mustard, chili sauce, Worcestershire sauce, salt, vinegar. Add to onion and tomato and simmer 30 minutes. Mix with beans. Place in casserole with sausages on top. Bake 45 minutes at 375 F. Serves 4.

Edna Sterling . . . Beta
Sponsored by Winifred Himes . . . Epsilon

Carrot Timbales

½ c. dry bread crumbs
½ c. milk
2 T. salad oil
½ t. sugar
1 t. salt
⅛ t. pepper
1 T. chopped parsley
2 well-beaten eggs
1½ c. grated raw carrots

Cook bread crumbs and milk until thick. Add salad oil, sugar, salt, pepper, and parsley. Add eggs combined with carrots.

Bake in greased custard cups or fluted molds at 325 F. for 45 minutes. (Serve in cups or unmold on platter. Top with hot mayonnaise.) Serves 6.

Antoinette M. Sewright . . . Alpha

Corn Fritters

1 c. corn or left over corn pudding
1 egg
½ c. milk
1 t. baking powder
½ c. flour
⅓ t. salt
fg. pepper

Beat egg. Add milk. Sift flour, baking powder, salt, and pepper together into egg and milk. Stir in corn. Beat well. Drop small T. into smoking deep fat and turn till golden brown. Put on paper in pan to drain off the grease. Set in oven to get hot. Serve on small plate with heated syrup. This serves four.

Luella Kuethe . . . Alpha

Dried Corn

24 ears tender fresh corn
½ t. salt
½ to 1 c. cream

Cut corn from cob, scraping each lightly. Mix with cream and salt. Cook over slow heat about 10 minutes. Arrange in shallow pan and dry in open oven until perfectly dry. Stir frequently.

When needed, soak in water from 3 to 6 hours. Boil in same water, over slow heat from 45 minutes to 1 hour. Season to taste. Add more cream or butter, if desired.

One-half cup corn will make 4 servings. May also be baked in oven, in covered casserole.

Gena Berg . . . Omicron

Egg Plant Casserole

1 egg plant
cracker crumbs
1 t. salt
1 egg
1 cup grated cheese
1 stalk celery
½ t. pepper
1 T. milk
2 cups tomatoes
1 t. sugar

Cut egg plant in ¼ inch slices. Peel and dip in beaten egg mixed with the milk, then in fine crumbs. Fry in butter and arrange slices in a casserole. Brown the celery, add tomatoes, seasonings and cheese. Pour this over egg plant and top with crumbs. Dot with butter and bake in moderate oven 30 minutes.

Elizabeth Noble . . . Beta

Fried Zuchinni Squash

1 large squash
1 egg
bread crumbs
salt
pepper
mustard

Slice squash into ½ inch slices. Dust with salt, pepper, and mustard, dip in the beaten egg and roll in cracker or bread crumbs and fry to a good brown and a stage of tenderness such as fried egg plant. Cover the skillet while frying. Fry in considerable fat—bacon fat if you have it. Very good and makes an attractive plate. Serves four.

Inez E. Moore . . . Alpha
Sponsored by Bess Bunn . . . Epsilon

Green Rice

2 c. cooked rice
1 large can condensed milk
1 c. chopped parsley
¼ c. olive oil or 2 T. butter
¼ lb. pimento cheese
2 eggs, beaten
1 clove garlic
½ t. salt
1 t. onion juice

Bake one hour at 350 F.

Edna Sterling . . . Beta
Ruth McGovern Hansen . . . Epsilon

Onion Shortcake

2 c. onions
2 T. butter
2 T. water

2 c. flour
4 t. baking powder
½ t. salt

½ c. sour cream
1 egg
salt and pepper

3 T. shortening
¾ c. milk

Blend cream and egg. Place butter and water in a frying pan. When butter is melted, add 2 c. finely sliced onions. Cook until onions are clear. Stir constantly as they should not brown. When cooked, season.

Make biscuit dough of second list of ingredients. Roll dough to ½ inch and place in baking dish. Pour onions over dough and cover with cream and egg. Bake 15 to 18 minutes at 475 F. Serve with pot roast. Serves six.

Edna Sterling . . . Beta
Sponsored by Dora Leavitt . . . Beta

Pigs in Cabbage Patch

1 small head cabbage
1 can tomato sauce
6 pork sausage links

Wilt cabbage by boiling 5 minutes, then plunge in cold water. Wrap a link of pork sausage in leaf of wilted cabbage. Pack the wrapped sausage in baking pan and pour the tomato sauce over. Bake 45 minutes in moderate oven. Serves 6.

Hanny Holmstrom . . . Epsilon
Sponsored by Mrs. Roy C. Smith . . . Mu

Sauer-Kraut

3½ lb. shredded cabbage
2½ T. salt
1 t. sugar

Mix above ingredients. Pack into a 2-quart jar and press until juice runs out. Seal jar and set in not too cool a place. It may leak but air will not enter as long as fermentation is taking place. As soon as bubbling stops (about 2 weeks) retighten the cover. The kraut should be ready to use in about three weeks.

Genevieve Huschke . . . Epsilon
Sponsored by Millicent A. Slaudt . . . Alpha

Scalloped Corn and Olives

2 c. celery, diced
2 c. kernel corn
½ c. minced stuffed olives
1 t. salt
¼ t. pepper
½ c. Kellogg corn flakes
2 T. butter

Cook celery in boiling water until tender, but not soft. Place in a buttered casserole, the corn, celery, olives, which have been mixed. Add seasoning and a small amount of milk. Top with crushed corn flakes and dot with butter.

Bake for 30 minutes at 375 F.

L. Winifred Ingraham . . . Omicron

Scalloped Corn and Sausage

1 c. rolled crackers
½ lb. sausage
1 can corn
½ c. milk
tg. salt and pepper

Roll crackers not too fine. Fry sausage slowly to a light brown. Remove from skillet and put in cracker crumbs to absorb fat. In baking dish place alternately, the corn, crumbs, sausage. Add milk, salt and pepper. Bake 30 minutes. Serve with cabbage or kraut. Serves 4.

Hazel Breaky . . . Lambda
Sponsored by Georgia Harris . . . Delta

Scalloped Potatoes Supreme

2 qts. potatoes sliced
¼ c. chopped green peppers
¼ c. minced onion
2 t. salt
⅛ t. pepper
1 10½-oz. can condensed cream of mushroom soup
1 c. milk

Alternage layers of vegetables in greased baking dish—season each layer. Mix soup and milk. Pour over potatoes. Cover and bake in moderate (350 F.) oven 1½ hours. Serves ten.

Mrs. W. C. Thompson . . . Alpha

Scalloped Sweets and Apples

2 c. cold boiled sweet potatoes
½ c. sour apples, thinly sliced
4 T. butter

Into a buttered baking dish place 2 layers each of the potatoes and apples alternately, flecking each layer with butter and salting to taste.

Bake 1 hour in a moderate oven. Serves about 6.

Evelyn Heidenstrom . . . Kappa
Sponsored by Jennie M. Reed . . . Alpha

Scalloped Tomatoes and Egg Plant

1 medium-sized egg plant
1 t. salt
½ t. pepper
¼ c. butter or margerine
⅓ c. finely chopped onion
3 T. flour
4 c. cooked or canned tomatoes
3 T. bread crumbs

Peel and dice egg plant; sprinkle with salt and pepper. Saute in butter until slightly browned; remove egg plant; saute onion until limp but not brown; blend in flour; add tomatoes; cook until slightly thickened. In well greased casserole, arrange alternate layers of egg plant and tomatoes; top with bread crumbs. Bake in moderate oven (350 F.) about 45 minutes, or until done. Serves 6.

Audrey McDonnell . . . Epsilon

Summer Squash or Vegetable Marrow

summer squash
bacon, or salt pork
green peppers, or pimentos
1 medium sized onion
1 c. or 2 tomatoes

Peel squash and remove seeds. Slice in casserole or any baking dish. Cut in pieces of bacon or salt pork (the best), green peppers or pimentos, onion, and add the cup of tomatoes. Bake until squash is done.

Hazel Breaky . . . Lambda
Sponsored by Ruby McInnis . . . Lambda

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Stafflebach, Mrs. Pearl	Epsilon	Ice Cream	45
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